



RULES OF HEALTH SANCTORIUS 1676





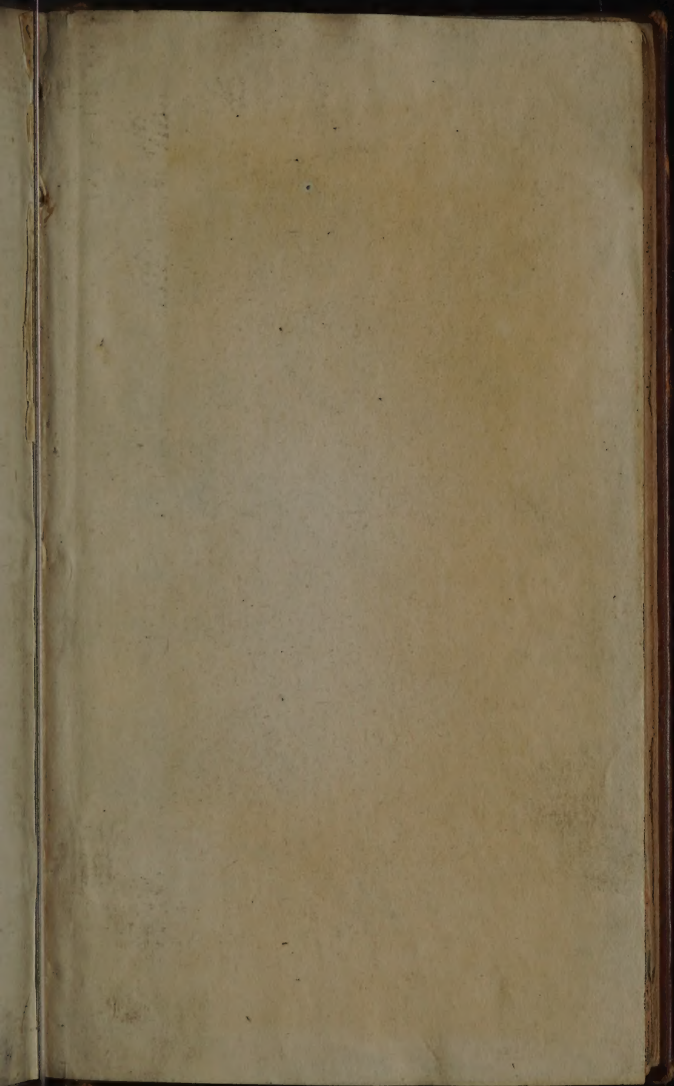


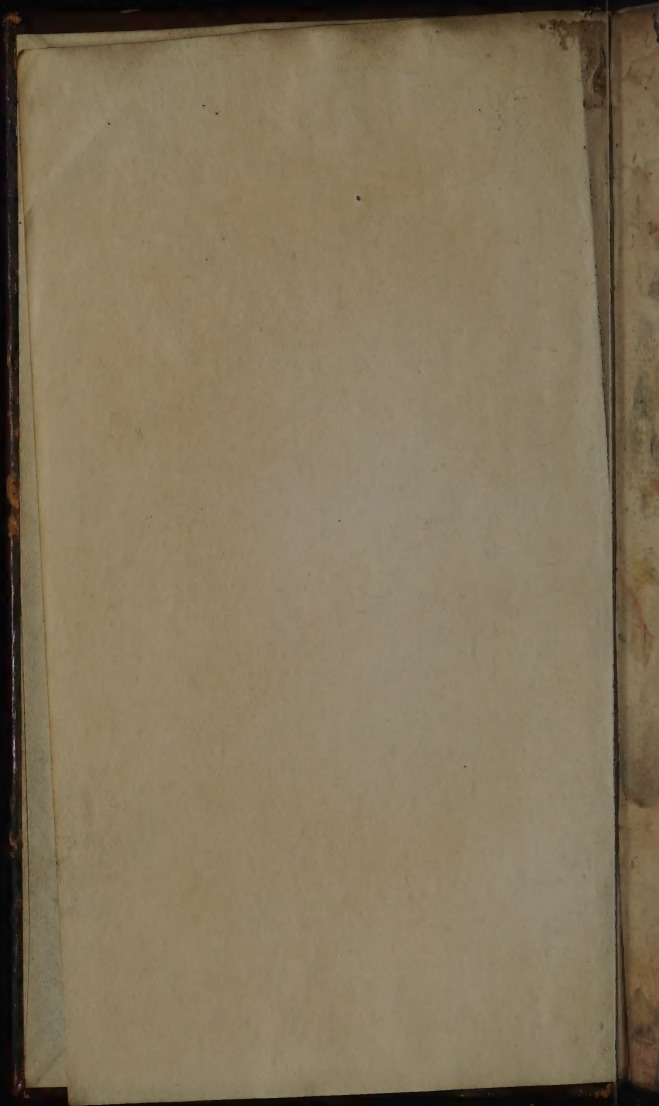


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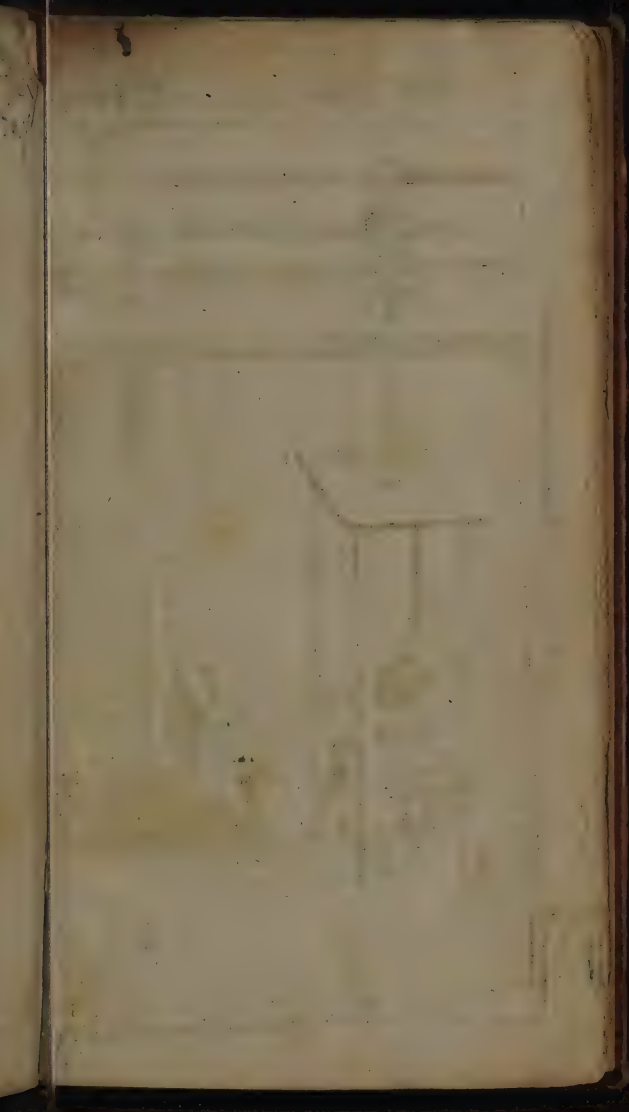
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*The Weighing Chair*

*Medicina Statica :*

O R,

RULES

O F

Health,

In Eight Sections

O F

APHORISMS.

Originally written by *Sanctorius* Chief  
Professor of Physick at *Padua*.

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English'd by *J. D.*

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L O N D O N,

Printed for *John Starkey*, at the *Mitre*  
in *Fleetstreet*, near *Temple-Bar*.

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1797

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LICENSED,

May 23.  
1676.

*Roger L' EStrange.*



TO THE  
Much Honour'd,  
*W. Witherings Esq;*

*Worthy Sir,*

**T**HE grand Concern, in order to felicity in the *next world*, is that of true *Religion*, in order to happiness in *this*, that of our health. How industriously and tenderly we ought to demean our selves for the attaining of the former, and preserving of the latter, the elaborate Works of *Divine* and *Spiritual Directors*, on the one side, and *Physicians*, on the other, are a sufficient testimony.

Among the latter, our Author, *Sanctorius*, chief Professor of Physick, in his time, at *Padua*, hath been very eminent for his many Productions upon that Subject; but more particularly by this, wherein he entertains us with a new discovery; but such as he had found confirmable by above thirty years experience.

But, Sir, as to the present publication of it in the English Tongue, so long after its first appearance in the Original, I have only to say, that you were in some measure the

occasion of it. For, though I had had the  
Traduction by me some considerable time be-  
fore; Yet I should have suffer'd it to have  
lain by a while longer, if some accidental  
discourse concerning it, had not awakened my  
thoughts into a change of that Resolution.  
And that encourag'd me to this Dedication,  
with this desire only, that it may stand as a  
publick acknowledgement of the satisfaction  
and advantages, which I have derived from  
your happy acquaintance, and consequently  
how much I am,

*Worthy Sir,*

Your most humble

Servant,

J. D.

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San-

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# Sanctorius

## TO THE

# READER.

**I**T is a thing new, and not before heard of, in Medicine, that any one should be able to find out the exact weight of insensible perspiration, nor has any one of the Philosophers or Physicians attempted the doing of any thing in that part of the Medical Faculty. I am the first that has essay'd it, and (if I am not mistaken) brought the Art to perfection, by reason, and the experience of thirty years. I have thought it fitter to deliver it in an Aphoristical, than a Diexodical method, for several reasons: as first, that so I might imitate our great Dictator, whose steps I have always thought it an

A 3. honour



## To the Reader.

Honour to follow. Secondly, I was in a manner necessitated to do so, in regard that the experiments themselves, wherein I had spent many years, did naturally so lead me to this Aphoristical way of doctrine, as that I have digested the Aphorisms, excellently well connected amongst themselves, in this wonderful order, as Bees having first gather'd the Hony from a great variety of flowers, do afterwards in an excellent order and œconomy dispose it wrought up to perfection into the little receptacles of their hony-combs.

As to the Advantages of the Art, I shall say nothing, since it is known to all, of how great concern in the medical faculty, the knowledge of insensible perspiration is. Only I would have the kind Reader take this one Advertisement, that since the state of humane affairs is such that men are more apt enviously to oppose, than studiously to promote the advancement of new designs, I know that many, not only among the vulgar, but also among the learned, not conducted by a love of the Truth, but hurried away,



## To the Reader.

way by ambition, or the vain litchery of contradiction, or pure envy, will rise up against this new Art, and will heavily inveigh against it, though they are not so much as acquainted with the very name of it. But, if they are desirous to be followers of the truth, I shall so far satisfy them all, as that they shall not only apprehend the pure refined truth in their minds and understandings, but they shall see it with their Eyes, and feel it with their Hands, if they shall but strictly examine, by the Ballance, all those things which I have delivered in this Book, concerning the ponderation of insensible Perspiration, its causes, time, advantages and disadvantages, excess and defect, as also of the Air, meats, drinks, and the other six non-natural things, by which perspiration is obstructed, or advanc'd.

Let them not therefore with a supercilious arrogance make a light account of this Ballance, or, like smatterers in knowledge, calumniate this most excellent Art, inasmuch as I shall not think

A 4

they,

## To the Reader.

*they deserve any other answer, than that smart raillery of the Poet Persius; when blinding themselves like the Andabatae, and being obstinate Truth-haters, they discover to all the world, that they are not only dull Euboeans and Cordubans, in the perception of the Truth, but also most frivolous Aristarchus's and Criticks, in their censures of it.*

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*An*

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*An Account of the Weigh-  
ing Chair.*

THE Aphorisms compre-  
hended in our Book of  
*Statick Medicine*, publish'd  
some years since, are found to  
be true, by the use of the Chair,  
plac'd at the Frontispiece.

From which Chair we gain  
two advantages; the former,  
by finding out the daily insen-  
sible perspiration of our bo-  
dies; which perspiration not  
well consider'd, Medicine proves  
for the the most part vain and  
ineffectual: for all indispositions  
almost are the productions of a  
lesser, or larger, perspiration  
than is requisite.

The latter, in that, having  
seated our selves in this Chair,

*An account*

we perceive, during our refection, when we are come to that just proportion of meat, and drink, beyond which, or short of which, we are prejudic'd.

The Chair is set as it is represented in the aforesaid Figure wherein the Beam is fastned to the Rafter, at a secret place, in a room above that where you take refection, because it would be somewhat unsightly in the same Room; as also by reason of the unlearned, to whom all things that are unusual seem ridiculous. Now the Chair, being a fingers breadth distant from the Floor, stands firm, so as that it cannot easily be shaken.

When therefore, by reason of the refection we have taken, we are come to the just weight and measure before prescribed,  
then

*of the Weighing Chair.*

then the remote part of the Beam is a little elevated, and the Chair withal immediately descends a little. That descent of the Chair tells the person sitting in it, that he has taken the requisite quantity of his refection.

Now what quantity or weight of wholesome meats is convenient for every one, and how much the insensible perspiration ought to be in their respective bodies, to wit, that perspiration which is commodiously weigh'd by the Chair, any one may easily understand by our Book of *Statick Medicine*.

THE

# THE SECTIONS.

1. **O**F the Ponderation  
of insensible Per-  
spiration.

2. Of Air and Waters.

3. Of Meat and Drink.

4. Of Sleep and Vigilance.

5. Of Exercise and Rest.

6. Of Venery.

7. Of the Affections of the  
Mind.

8. An Answer to the Stati-  
comastix.

Rules



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# Rules of Health.

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## *The First Section.*

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OF  
Insensible Perspiration,  
AND THE  
EXACT WEIGHT  
thereof.

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### Aphorism I.

**I**F the addition of those things that are deficient, and the subtraction of those that are exuberant, be daily made, as to quantity and quality,

B ty,

ty, such as it ought to be, lost health would be recover'd, and the present always preserv'd.

## II.

If the Physician, who has the oversight of other mens Health, be capable of judging only of the sensible addition, and evacuation, and knows not the quantity of their daily insensible perspiration, he does not cure, but deceive them.

## III.

He only who knows, to what quantity, and when, the secret perspiration of a man's body amounts to more or less, shall find out how much, and when, any thing ought to be added, or subtracted, in order to the preservation, or recovery of his Health.

## IV.

Insensible perspiration alone is commonly wont to exceed all the



## Rules of Health.

3

the sensible perspirations put together.

### V.

Insensible perspiration is made either by the pores of the body, which is transpirable in all its parts, and is enclos'd in the Skin as it were in a net; or by respiration, perform'd by the Mouth, which in one day commonly amounts to about half a pound: for that may be discover'd by the dewey drops upon a Looking-glass, if it be set close to the Mouth.

### VI.

If the meat and drink taken in one day amount to the weight of eight pounds, the insensible transpiration ordinarily amounts to five pounds, or thereabouts.

### VII.

The quantity of insensible transpiration admits of some  
B 2 variety,

variety according to the diversity of Nature, Climate, Seasons, Age, Diseases, Aliment, and other things that are non-natural.

## VIII.

It may be easily computed what was the quantity of the nocturnal perspiration, and that of the sensible excrements, by weighing the body in the morning, before and after sensible excretion.

## IX.

If the weight of the body begin to be augmented more than it is wont, without any greater addition of meat and drink, or a retention of the sensible excrements, there ensues a difficulty of breathing.

## X.

The Body is preserv'd in the same state of Health, when it returns

## Rules of Health. 5

turns to the same weight, without any unusual sensible evacuation: But if it be reduc'd to the same weight, by a more than ordinary evacuation, by Urine, or Stool, it begins to recede from its former Health.

### XI.

If it be perceiv'd by ponderation, that there hath been any obstruction of the perspiration, there will succeed in the subsequent days, either a more plentiful perspiration, or some more abundant sensible evacuation, or some symptom of an evil habit of the body, or a Feaver.

### XII.

Much perspiration, and a plentiful and more than usual sensible evacuation are not consistent together.

### XIII.

If any one does sensibly evacuate

B 3.

cuate more than is requisite, his perspiration is less than is requisite.

## XIV.

It is an ill sign, when a man goes to Stool, Urines, or Sweats, more than is requisite, and perspires less than he should do.

## XV.

If the body be dayly reduc'd to the same weight, without any alteration in the evacuation of those things that are perspirable, it will need no crisis, and will be continu'd in a sound posture.

## XVI.

When the body is one day of one weight, and another day of another, it argues an introduction of evil qualities into it.

## XVII.

That weight, which to any one is such, as that, when he goes  
up

## Rules of Health. 7

up some steepy place, he feels himself lighter than he is wont, is the exact standard of good Health.

### XVIII.

Evil qualities are the productions of excess, but we must not affirm the contrary, to wit, that good qualities are the productions of defect.

### XIX.

Not only the weight, but the excess also is diminish'd, either by the evacuation of the sensible or insensible crude matter, or by that of the sensible or insensible concocted matter. The latter conduces to health, the former takes away the excess, but leaves the ill quality behind.

### XX.

There are two kinds of insensible transpiration; the one is immediately made after sleep-

B 4. ing,

ing, upon the compleating of the concoction, and after this there is an augmentation of a man's strength; the other, in the time of vigilance; and this latter is occasion'd by crude humours, and by reason thereof the strength is impair'd. For it is performed with more or less violence, answerably to the greater or less motion of the vigilance.

## XXI.

That perspiration which eases the body of a great and that an unprofitable burthen, is not that which is attended with Sweating, but that invisible expiration or breathing, such as is that, which in the space of Four and Twenty hours, in the winter time, may exhale Fifty Ounces, or more.

## XXII.

Invisible perspiration becomes  
visible,



Rules of Health. . 9

visible, either when there is an excess of nutriment, or when there is a remission of Heat, or by reason of violent motion.

XXIII.

Insensible perspiration attended by Sweating is not good; because sweating abates the strength of the fibres. Yet sometimes it is accounted good, because it occasions a diversion from a greater evil.

XXIV.

The more subtile and free from moisture the invisible perspiration is; the more Healthy it is.

XXV.

All the liquid excrements are the more weighty, and fall down to the bottom: the thick are lighter, and keep up on the top, such as are hard and thick Dregs, Spit:les, and others of that kind.

B 5

XXVI.

TO Rules of Health.

XXVI.

Liquid excrements, allowing an equality as to quantity, take off a greater burthen from the body, than the hard and consistent.

XXVII.

Liquid meats are also the more weighty, and the solid the more light; Bread and Flesh are light; Wine and Broaths are heavy. A Cup of Wine is of equivalent weight to a piece of Bread though above thrice as big as it in bulk.

XXVIII.

When the Body seems to be more burthenfome to a man, when it is not really so, he is in a worse condition, than if it seem and is felt to be such, when it is really such.

XXIX.

The weight of an Animal may be



## Rules of Health.

II

be consider'd two ways; for these two things are consistent, to wit, that the body may be more weighty than usual, and yet the person fancie himself lighter; and on the contrary, that the body may be lighter than usual, yet the party feel himself heavier.

### XXX.

If these two things concur, to wit, that a man feel himself lighter than he is, and yet is not really so, it is an argument of a most healthful constitution.

### XXXI.

That body which is reduc'd to a less weight, than is proportionable to the just computation of its healthful state, is in a worse condition, than that, which acquires a greater weight than is proportionable to its Healthfulness.

### XXXII.

## XXXII.

When the body, by reason of any exercise of it self, or of the mind, becomes of less weight, there immediately ensues a diminution of its vigour; which does not happen, if it becomes of less weight after sleep, when there is a perfect concoction.

## XXXIII.

If without any precedent violence there be a diminution of the weight, and an impairing of the vigour; the reason is, because there is not so much restor'd, as had been lost.

## XXXIV.

There are but three ways, whereby an Animal is weakned, either while the weight of the body is augmented, without any impairing of its vigour; when the vigour is diminish'd, the same weight of the body still remaining;

ing; or lastly, when both vigour, and weight admit of diminution.

XXXV.

That weariness which ensues upon the Body's becoming less strong, and of less weight, is more dangerous than any other: for ponderosity is a kind of strength.

XXXVI.

The weight of the body communicates strength to us, when we either draw any thing downwards, or carry, turn, or thrust it.

XXXVII.

The strength of an old man does many times depend more on the weight, than the vigour of his body: an old Animal of little weight may live a long time, but cannot be strong.

XXXVIII.

## XXXVIII.

If after sleeping the body be reduc'd to its usual weight, without feeling any trouble, 'tis well; for it argues perfect concoction; but if with trouble, 'tis ill.

## XXXIX.

The body does not fall into any disease upon external miscarriages, unless it have some of the entrails prepar'd for it: that preparation is discover'd by the more or less than usual weight, occasion'd not without some precedent disturbance.

## XL.

If nature be obstructed while she is employ'd in the office of perspiration, she becomes presently defective in divers others.

## XLI.

When the head akes, the body receives a sudden check in perspiration, and becomes more ponderous.

## XLII.

XLII.

The first seeds of diseases are more certainly discover'd by the alteration of the unusual perspiration, than by the obstruction of the offices.

XLIII.

If by ponderation thou shalt find that the matter of usual perspiration is retain'd in the body, and that the party does neither sweat nor urine for some days after, infer thence that the retain'd matter prognosticates future corruption.

XLIV.

But if by ponderation thou shalt find, that, upon some violent cause, the perspirable matter is more than usually emitted out of the body, be assur'd, that the place where the perspirable matters had been lodg'd, and whence they were violently evacuated,

cuated, is fill'd with crudities, which are crowded into the smallest passages.

## XLV.

Yet if those crudities which so force their way in, could, as to all parts, be rendred fluid and perspirable, 'twere well; but if not, the part wherein they are contain'd first becomes hard, like Leather, and at last schirrous.

## XLVI.

If that which is perspirable should not be dissipated either by nature, or some feaverish heat, the body would be immediately prepar'd for a malignant Feaver.

## XLVII.

Such as are in Feavers are as likely to grow worse and worse, if their perspiration be diverted by the excessive applications of Medicines from an unskilful Physician,



## Rules of Health. 17

Physician, as it might be if diverted by the miscarriages of the patients themselves.

### XLVIII.

A small quantity of *Cassia* does not divert perspiration, does not impair the strength, but only eases the body of a superfluous weight: but other Medicines contribute more to evacuation, are diffus'd to the more remote parts, and render the body lighter; and yet the Meat and Drink, which is receiv'd afterwards, fill up the evacuated passages, thence the belly and bladder are exsicatted, and soon after the body commonly becomes more ponderous.

### XLIX.

Any Pain, or Grief of the body, obstructs the passage of that perspirable matter which is concocted. L.

## L.

Any cold, even the least, that we feel in the night while we are asleep, obstructs perspiration.

## LI.

One of the most frequent causes that hinder perspiration, in the Summer time, is the often turning of our bodies in bed.

## LII.

There are three internal causes of the obstruction of perspiration, Nature's being otherwise employ'd, diversion, and want of strength.

## LIII.

Hence it appears by a statical ponderation, that on the day a man takes Physick, and during the space of three hours after refection, there is little perspiration: for on such day of taking Physick Nature is busied about sensible evacuation; and  
after

Rules of Health. 19

after meat she is intent on the first concoction.

LIV.

In Fluxes, and Vomiting, perspiration is obstructed, because it is diverted.

LV.

A burthenfome weight of Garments is a hindrance to perspiration, because they abate a man's strength.

LVI.

The body does not perspire every hour after the same rate, in regard that after refection, in the space of five hours, it is commonly wont to exhale a pound or thereabouts; from the fifth hour to the twelfth, about three Pound; from the twelfth to the sixteenth (at which time we are to take refection, or Physick) hardly half a pound.

LVII.

## LVII.

He who takes his refection, or is evacuated by Physick, during the hours of greatest perspiration, such as are, for the most part, those of the morning, is highly injur'd; because presently after meat, as also after Physick, perspiration is extreamly diverted.

## LVIII.

The secret and insensible perspiration eases us more than all the sensible ones put together: for, after sleep, before there be any evacuation of the sensible excrements, every one feels himself lighter, because he is really become lighter, by three pound or thereabouts.

## LIX.

In the space of one night, there are commonly evacuated, of Urine, sixteen Ounces, more  
or

or less; of concocted excrements, by stool, four Ounces; and by occult perspiration, forty and above.

LX.

There are many who in the space of four and twenty hours evacuate as much by insensible perspiration as they do by stool in the space of fifteen daies.

LXI.

How comes it then, that most of our Country-men, in all diseases, mind only the evacuation by Stool or Urine, and hardly ever think of insensible perspiration?

LXII.

If in the night thou hast perspir'd more than usually, but without Sweating or any disturbance, be assur'd of thy being in perfect Health.

LXIII.

## LXIII.

Then are we at the greatest distance from any disease, when we are come to the mean proportion of the latitude of healthy ponderation, not through spontaneous sensible evacuation, or that prescrib'd by the Physician, or yet by fasting, but by the insensible perspiration, which comes by sleep, after perfect concoction.

## LXIV.

What quantity of perspiration is convenient for every one, in order to his continuance in a most healthful constitution of body, you will thus find out. Observe in the morning, after a somewhat-plentiful Supper over night, that sort of greater perspiration, which may be compleated in thy self in the space of Twelve Hours: grant it to have  
amount-



amounted to Fifty Ounces: some other morning, after fasting over-night, yet with this proviso, that thou didst not exceed at thy Dinner the day before, make the same observation; let us admit the perspiration to have amounted to Twenty Ounces: This fore-known, pitch upon that moderate proportion of Meat and other non-natural causes, which will be likely to reduce thee daily to the mean between Fifty and Twenty Ounces; and that mean will be Thirty Five Ounces. Thus maist thou live a long and healthful life, nay haply arrive to that of a hundred years.

## LXV.

The healthful bodies of men, and such as are most moderate in their diet, become every month more than usually ponderous, to wit,

wit, by one pound or two, and are reduc'd to the usual weight about the month's end, as it happens to Women, but after a crisis made by a more plentiful or more muddy emission of Urine,

## LXVI.

Before the said menstrual crisis made soon after sleep, either there is felt a drowiness of the head, or weariness of the body; and afterwards, by a more plentiful Evacuation of Urine, all things are quieted.

## LXVII.

The external causes which ordinarily obstruct perspiration are a cold, troubled, and moist air; swimming in cold water, gross, and viscous meats; the intermission of Corporeal exercise, or that of the mind, and, in robust persons, over much abstinence from venery.

## LXVIII.

LXVIII.

External cold obstructs Perspiration in a weak body, because its heat is dissipated; but in a robust person, it augments it: for the heat is forc'd to the bottom, and reduplicated, and thereupon nature is corroborated, and upon that the weight of the perspirable matter that is retain'd being by her consum'd, the body becomes, and is felt lighter.

LXIX.

The health of that body is more firm and of longer continuance, whose weight in the process of many years is neither augmented nor diminish'd, than that of a body whose weight is alter'd every year.

LXX.

For a body to be reduc'd to its usual ponderosity, by the accession

C

sion

sion of crude humours, is ill ; but if it be by the addition of such as are concocted, it is most wholesome.

## LXXI.

It is an ill sign, when a healthy person becomes of less weight than usual, it being suppos'd his course of life be the same as before: for there is not any refusal of that wholesome matter which had been lost.

## LXXII.

The concocted excrements of the belly are of great bulk, but little weight ; they swim on the surface, by reason of the air contain'd in them, and whatever may be evacuated, at one and the same time, never exceeds the third part of a pound.

## LXXIII.

If it happen that in one dayes space, through some miscarriage

age or other, there be so great a retention of perspiration as may amount to a pound, nature is commonly three days employ'd in the insensible expurgation of that which had been retain'd.

LXXIV.

Then does nature make a great insensible evacuation, when she endeavours to voyd perspirable matter retain'd, by yawnings and extensions of the joynts.

LXXV.

The perspirable matter consists of two parts, to wit, a light, and a ponderous.

LXXVI.

The ponderous part is so exuberant that living creatures are generated of it, as Punaizes, lice, and the like.

LXXVII.

From the more ponderous part of perspiration do proceed the

contagious Infections of such as lye together: for the light part vanishes, but the more ponderous, being adhesive, does infect.

## LXXVIII.

They who in the scorching Heats of Summer are obstructed in the exhalation of the perspirable matter, are incommodated by Heat; but to those who have an absolute freedom of respiration, the Heat is not troublesome.

## LXXIX.

A greater weight differs from a lesser equal healthful, because the greater does the more accelerate old Age. Be it suppos'd, that some person hath his Health as well when he weighs two hundred weight, as at two hundred and five pound: we have observ'd that the excess of those five pounds did more accelerate old Age.

## LXXX.



LXXX.

Why does Animated Fleſh live, and not putrify, as a carcaſe does? Because it is daily renew'd. Why are Children in a capacity of living longer than old men? Because they may be more often renew'd, ſince they begin from the loweſt weight of the whole latitude, and ſo proceed to the higheſt: for they are capable of moſt of the Healthful weights. Why is there a neceſſity that old men ſhould die? Because they are capable only of the laſt proportions of weight. But why only of thoſe? becauſe their fibres are hard, and, as ſuch, cannot be any more renew'd; whence death enſues.

LXXXI.

Why are they cur'd are who ſurpriz'd by ſome dangerous Diſ-  
C 3 eaſe?

sease? because they are capable of several sorts of Healthy weights: for such Diseases take away thirty pounds from mens bodies, more or less, as the bodies are more or less repleat, and as the Disease is more or less hot, and according to its continuance.

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## APHORISMS

*Added by the Author.*

### LXXXII.

Old men prolong their lives by frequent Spittings; for these being retain'd within the body, as being incapable of coction or digestion, hinder perspiration; the consequences whereof are suffocation and death.

### LXXXIII.

LXXXIII.

Old Age is indeed a Disease, but may last a long time, if the body be made easily perspirable.

LXXXIV.

Venery, actual frigidity of the body, over-plentiful drinking, supping as young men do, to be angry more than needs, and much exercise; all these shorten the lives of old men.

LXXXV.

Old men reach not decrepit Age by reason of the weakness of their expulsive faculties. Thence it comes to pass; that when they drink more than it was requisite they should, they urine less, and perspire less than they are wont. The remedy is, that the subtraction be equivalent to the addition.

LXXXVI.

Insensible perspiration being quite

quite obstructed, does not only deprive the chiefest parts of life, but also one ignoble part. It deprives the chiefest, when there is an Apoplexy in the Brain; palpitation in the Heart, an excess of Blood in the Liver; and a suffocation in the Matrix; it deprives the ignoble part by Gangrene.

## LXXXVII.

That Women are troubled with the suffocation does not proceed from the Womb's compressing the midriff, but from the frigidity of the corrupted seed, which does not want perspiration.

## LXXXVIII.

The humours of persons troubled with the Gout, though they are most gross, are dissolved only by way of vapour.

## LXXXIX.

LXXXIX.

Vomiting diverts Urine and perspiration.

XC.

The frequent turning of the body in bed, since the doing of it requires the assistance of all the muscles, does weaken, and obstruct concoction and perspiration. The remedy is, for one to be obstinately resolv'd to lye in one and the same posture.

XCI.

While the knees are kept actually warm, the feet are not chil'd; such persons sleep well, they perspire more, and urine less.

XCII.

Looseness of the belly is taken away by those things which augment perspiration, of which kind Bathing is one.

C.

XCIII.

## XCIII.

As the Loadstone is better preserv'd where there is much iron; and wine, better kept in a great vessel, than a little one: So such bodies as are more ponderous, yet healthy withal, do better preserve strength, than such as abate in their weight, through want of aliment.

## XCIV.

They who urine more than they drink, do perspire little, or nothing at all.

## XCV.

Why is there an obstruction of insensible perspiration in intermittent Feavers? because the peccant humour is in the circumference of the body.

## XCVI.

In the Dropsy, the water in the lower part of the belly is not dissolved, because its drought and hardness hinder perspiration.

## XCVII.



## XCVII.

Hot humours being got together into any part are to be entertain'd with hot digestives, in order to their dissolution by insensible perspiration.

## XCVIII.

Why is fainting or swooning beneficial in high Feavers? because it causes sweating and a strong perspiration.

## XCIX.

If the pricking of a nerve be clos'd up with Milk, Meal, or any such thing, the retain'd ichor becomes so sharp and corroding, that the Patients die of Convulsions, if the wound be not opened with Oyl.

## C.

Perspiration is beneficial in tumours, if it be procur'd by things actually and potentially moist; otherwise they turn to a schir-

scirrhus, by dissolving the tenuious humour, and leaving the gross.

## CI.

If any part of the body be full of blood, or some other humour, as it is observ'd in tumours, and in the pleurisy it self, it is not to be refrigerated; because, the matter being evacuated, it is refrigerated of it self.

## CII.

Hypochondriacal persons are recover'd of their Distemper, if their bodies be made perspirable by frequent Bathings, and be kept to moist diet.

## CIII.

Insensible perspiration procur'd by fomentations, in an unpurged body, attracts more humours than it dissolves; as appear'd in *Simon's* case.

## CIV.

CIV.

Those bodies which insensibly perspire much are neither purg'd nor blooded, as it is manifest in Children.

CV.

How come Lice to be generated? Because the perspiration of the malignant ichor, or thin matter, is obstructed.

CVI.

A Gangrene is prevented by those things that promote perspiration; by those that promote suppuration, it becomes a sphacelus, that is, when any part is mortify'd by inflammation.

CVII.

Why does the part affected with a Gangrene die? Because the little arteries, by reason of the redundancy of blood, are not rais'd up. 'Tis remedied by sensible and insensible perspiration.

CVIII.

## CVIII.

The most clammy humours in robust bodies make their way out through the narrowest passages, as it is manifest by the Fatness voided by Urine, as also by a mixture of Water and Hony injected into a wounded breast; and consequently they must make their way through the insensible passages.

## CIX.

By diffation, as well the beneficial as the superfluous matter is evacuated; but if after sleep strength and vigour be acquir'd, the superfluous matter only is for the most part evacuated.

## CX.

That diffation which is not sensibly perceiv'd is natural, and is an argument of strength; but sweating argues the contrary.

## CXI.

## CXI.

If in the winter time any part of the body be very cold, the whole does so far sympathize with it, that the concoction and perspiration of the whole is thereby lessen'd.

## CXII.

Swimming is more safe towards the evening: in the morning, the pores are stopped by the coldness of the water, whence there is some danger of a Fever.

## CXIII.

If in the Summer time the body ly uncover'd, the perspiration is obstructed; whereupon ensue a drowsiness and heaviness of the Head, and a bruised unweildiness of the body.

## CXIV.

If the weight of the body be augmented in the space of five

OF

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or six daies, it is not to be taken off of a sudden, but by degrees: for abstinence from food, if it be extraordinary, hurts the Stomach, the Brain, and the Heart, and after a while, the whole body.

CXV.

In Autumn, the weight of the body is augmented; which if it exceed the standard of the Healthy latitude, Tertians, and other putrid Feavers, are apt to be the consequences thereof.

CXVI.

Things that are extream cold in a violent Feaver, if they be not heated, prove mortal, by reason of the difficulty of transpiration.

CXVII.

Nothing is more hurtful to malignant Ulcers, than those things.



things that hinder perspiration,  
as fatness, oyl, wax.

CXVIII.

Of all the intermittent Feavers, the Quotidian only is not without danger; for Flegm is one of the chiefest things that obstruct perspiration.

CXIX.

If the perspiration be stop'd in the neck, the sense of the pericranium is stupify'd, as may be observ'd in persons walking in the wind and rain.

CXX.

Nothing is more apt to take away putrefaction, than for one to use much Ventilation, not only that which is procur'd by what is drawn in, but also by what is evacuated through the insensible passages.

CXXI.

Refrigerations in acute diseases

eases are symptoms of death, as in *Hermocrates*: for they take away perspiration.

## CXXII.

After bathing, the pores of the skin are condens'd with oyl, to the end that, the alimental moisture being attracted may not be dissolved. In dangerous cases therefore, use oyl to close and not to open the pores.

## CXXIII.

And yet that course of diet, which we least regard, brings us to an old age great as that of *Philip*.

## CXXIV.

The *Diaphragma*, or Midriff by contracting it self to its principle, dilates the breast; by that dilatation, is inspiration wrought. And by dilating it self, it contracts the breast, and by that contraction expiration is wrought.

## CXXV.

## CXXV.

But the *Spincter*, or the Muscle that shuts the bladder, by contracting it self to its principle closes the bladder, and keeps in the Urine; by spreading it self, it dilates the bladder, and emits the urine.

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## Of the Pestilence.

## CXXVI.

**T**Hings infected with the plagüe, communicate the infection, as long as the next and remote causes remain; but any one of those failing, the poison ceases, like the motion of a clock, when, upon the breaking of a Tooth in any one Wheel, it is at a stand.

## CXXVII.

## CXXVII.

We are not infected with the Plague by contact, but by drawing in the pestiferous Air, or the vapours arising from infected goods. It happens thus: the vital spirit is infected by the Air, by such infection of the spirit the blood is congeal'd, which last being forc'd outwards raises carbuncles, black spots, and Buboes: if it remain within, it causes death; if it be quite expell'd, we are past all danger.

## CXXVIII.

If the whole infection be forc'd out into Carbuncles and Buboes, 'tis a good sign; if not, 'tis mortal.

## CXXIX.

We are not of our selves infected with the Plague, but it is brought to us by others. This  
is

is manifest by the experiment of such as are shut up in Nunneries.

CXXX.

Not all, but much about the third part of mankind dies of the Pestilence. That it is so, may be seen by the experiment of those whose office it is to view the dead.

CXXXI.

They who conceive the blackness of the spots to be a sign of adustion, are mistaken; for many times aged men, being internally and externally cold, without any feaver, depart this life in two days time, with the same blackness, but proceeding from a Thrombus, or clots of blood.

CXXXII.

If a small quantity of blood, by reason of the vital spirit's being

being infected, becomes a clot of blood, and this last be wholly thrust out by buboes and carbuncles, they are cur'd; if it be not wholly forc'd out, they die, as in the black spots.

## CXXXIII.

Consequent to this is it, that they, who have their ulcers and buboes open'd, if the internal infection be wholly come out, recover; if not, they die.

## CXXXIV.

There are two ways to put a stop to the plague; to wit, that the sound be separated, and that the infected may have place enough to air themselves. There are two ways to do the latter; to wit, that they be not sent to places they abhor to come into; and that their household stuff be not burnt.

## CXXXV.



## CXXXV.

They whose lungs are thin, are easily infected with the Plague; the contrary is to be affirm'd of those whose Lungs are thick. It argues the thinness of the Lungs, when any one drawing in his breath, as much as he can, that single stroak of the Pulse is somewhat weaker, or more gentle.

## CXXXVI.

The Plague is not to be compar'd to fire, which increases upon the addition of fuel; but the former decreases, though the fuel of it remain in the same posture.

## CXXXVII.

The raies of the Plague are remov'd from one place to another by the wind; but not by any violence of a lucid body.

## CXXXIII.

## CXXXVIII.

They who prescribe any other remedy for the shunning of the Plague, besides that of flying from it, are either ignorant men, or cheating Quacks.

## CXXXIX.

Hence it comes to pass, that persons of Quality none almost are cur'd by remedies; but very many of the meaner sort of people, without them.

## CXL.

Why does the Plague continue long? Because, while it rages, they air things that are infected; which, while they are cleaning, Thieves steal and scatter up and down; after the Plague is at a stand, they do not infect, otherwise the Plague would be perpetual.

Because some among the infected

fect'd persons, when they are forc'd out of the City, do not air themselves as they should do; by which means the infection increases.

Because they do not prohibit the peoples assembling in Churches. Divine service at such times should be perform'd in the open air.

Because men make use of Chirurgeons that are strangers, or foreigners, who are the better pleased, the greater the Plague is.

Because they do not separate the sound into other houses from the infected.

Because they use internal remedies against the Plague, when none can be administred, but what are hurtful.

Because they permit poultry  
D to

50 Rules of health.

to be brought to the market,  
which the sound coming to  
handle, after they had been  
handled by the infected, are  
afterwards thereby infected.

It is also to be observed that  
all persons who have been  
in contact with the infected  
should be kept under observation  
for a period of time.

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O F

*AIR and WATERS.**S E C T. II.**Aphorism I.*

**A** Cold Air, and cold bathings put strong bodies into a heat, and, by taking away what is superfluous, make them lighter; but they refrigerate weak bodies, and, by mastering the heat, make them more ponderous.

II.

Warm air, and bathes actually warm, if crudities do not  
 D 2                      obstruct,

obstruct, do also promote perspiration, refresh the inward parts, and render mens bodies lighter.

## III.

An external air, penetrating into the innermost parts of the body, through the trunks of the arteries, may make the body more or less ponderous; less, if it be subtile, and warm; more, if it be thick, and moist.

## IV.

How great the ponderousness of the air is, may in the first place, be gather'd from the greater or lesser weight of the dregs of alom dried before in the Sun, and afterwards expos'd to the air in the night time. Secondly, from our feeling a greater cold than what is observable in the weather-glass. For the moisture or ponderousness



roufness of the air is to us the measure of its coldness. Thirdly, from the greater or lesser bending of a very thin board, especially if it be of Pear-tree. Fourthly, from the contraction of the strings of a Lute, or from Hemp.

V.

How great the ponderousness of water is, may easily be understood, if some heavy thing be suppos'd appendent in the water. For that water is lighter, and consequently the more wholesome, wherein the heavy thing does the more gravitate; but that wherein it does less gravitate, is the more ponderous and the more unwholsome.

VI.

That water which is more heavy, and the Air that is more muddy, and more ponderous,

D 3.      con-

convert the invisible perspiration into an ichor (or thin Matter) which being pent in, and afterwards not dissolv'd, does for the most part cause a cachexy, or evil disposition of the body.

## VII.

In a cold healthful Air perspiration is also obstructed, the pores are condensed; but the fibres are corroborated, and the weight of that perspirable Matter which is retain'd neither hurts, nor is felt.

## VIII.

In a thick foggy air perspiration is obstructed, the passages are fill'd, but not condens'd, the fibres are loosned, not strengthen'd, and the weight of the perspirable Matter unevacuated hurts, and is felt.

## XI.

If cold weather succeed a warm

warm Air, such as that in Summer time, it shall that day, it being suppos'd that a man takes the same liberty of drinking, hinder about a third part of the perspiration, which, if it be not made sensible, is apt to dispose the body to putrefaction, or some evil habit.

X.

The hindrance of perspiration occasion'd by unexpected cold is more hurtful to weak bodies, than that which is hindred by degrees.

XI.

He who is surpriz'd uncloath'd at such time as a cool Air succeeds a precedent heat, is wont to perspire less by about two pounds in one days space, yet without any sensible inconvenience to him.

## XII.

A pleasant and somewhat cool breeze is more prejudicial to bodies well warmed, than the cold of Air and Water in an excessive degree: For the former does not render the body lighter, but obstructs and loosens it; but the latter obstructs and corroborates it, and thence it comes that the bodies are less ponderous.

## XIII.

When the unwholsome qualities of the Air and Water dispose bodies to a malignant putrefaction, their weight for the most part is but little heeded; as if this should be the reason of it, that by their corruption the nerves become stronger, as it is observ'd in distracted persons.

## XIV.

To Swim in cold water after  
vio-

violent exercise is extremely pleasant, but mortal: for there is nothing more pernicious than opposite motions.

## XV.

That which treacherously disposes the entrails to indisposition, does not many times seem to be either heavy, or unpleasant.

## XVI.

A pleasant gale of wind from the south surprizing a man at a violent exercise, is many times mortal; for the gale occasions a difficulty of breathing, and from the exercise proceeds acrimony.

## XVII.

It happens to those, who after supper, are desirous of having a cooler gale of wind than is requisite, that the perspiration of that part which is not well cloath'd is obstructed: but

D 5      that

that night or the next day, most of them are subject to a great aking of the head.

## XVIII.

If bodies be suddenly shifted out of a warm air into a cool, they are injur'd; because they are rendred of greater weight than is requisite. If remov'd out of a cold air into a warm, they are also endamag'd, because they become less strong.

## XIX.

Persons of weak constitutions make a greater conversion of the perspirable matter retain'd, into Urine, in the winter time; robust persons do the same in the summer.

## XX.

Fanning obstructs perspiration, and makes the head more ponderous, and more hot.

## XXI.



XXI.

The wind, as it is colder than the skin, so is it ever obstructive and hurtful to it, but more than any part to the head, because it is most expos'd.

XXII.

In all seasons of the year generally, dry weather is more healthy than continual rains, for it renders mens bodies lighter.

XXIII.

In the summer time, temperate bodies are less ponderous, than they are in winter, by about three pounds.

XXIV.

In the summer time men are subject to weariness; not because the body is more ponderous, but because it is less strong.

XXV.

In a warm air, the body is of less strength, as well by reason  
from

son that with the perspiration there is somewhat of the better spirits exhal'd, as because the warmth is not concentrated.

## XXVI.

There is always by a warm air somewhat dispersed through the whole skin, which carries away with it somewhat of the internal good humour.

## XXVII.

In the summer time we are troubled with heat, not principally proceeding from the warmth of the air, for every part of the body is warmer than the summer-air, but because there is not so much coldness in the summer-air, as that the natural heat may be sufficiently concentrated. Whence it comes to pass, that, being so diffus'd it cannot insensibly evacuate that perspirable matter which

which is of its own nature hot: which matter being kept in becomes sharp, and is the cause of our being troubled with much heat.

## XXVIII.

When mens bodies in the hottest seasons, upon sleeping in the night or day-time perspire abundantly, or sweat, they become lighter, and are not that day troubled with any heat.

## XXIX.

If a cold Air immediately succeed the Summer-heat, there will be occasion'd, for the most part, that day, the retention of about a pound of the insensible excrements.

## XXX.

If the Summer prove like the Spring, so as that mens bodies may be reduc'd to the weight answerable to the Summer, it must

must be the effect of Sweating.

## XXXI.

At the beginning of Summer, if intense heat come of a sudden, weariness and faintness ensue, which do not continue long though the sultriness be encreas'd for some daies after, because the weight of the perspirable body is abated.

## XXXII.

The same vigour is not so much concern'd in struggling with a lesser, as it is with a greater weight of the body.

## XXXIII.

Perspiration procur'd by the force of warm air or water, is hurtful, unless the malignancy of it be not ballanc'd by some greater benefit.

## XXXIV.

Robust bodies perspire more  
in

in the Summer time, by day,  
in the Winter, by night.

XXXV.

That impediment of respiration which in the Summer-time is apt to be introductory to a malignant Feaver, does hardly in the winter-time cause the least alteration: for, in the summer, mens bodies are fill'd with a perspirable matter of a sharper nature, than they are in winter.

XXXVI.

To sleep in the Summer-time with the body uncover'd, or abroad in the open Air, does for the most part dispose it to putrefaction, by hindring the perspiration.

XXXVII.

The difficulty of respiration does not heat the entrails, unless the perspirable matter become

come sharp by reason of its retention, or upon the account of external heat, or violent motion.

## XXXVIII.

In the Summer-time when cold does of a sudden succeed heat, the inconvenience of excessive Venery is hardly perceiv'd: but if the Air reassume its former warmth, men are very sensible of the injury they have receiv'd by the precedent miscarriage.

## XXXIX.

The injury men receive by the not-immoderate exercise of Venery is commonly ballanc'd by an equal benefit, if the heat be concentrated by the cool Air.

## XL.

In the Summer-nights mens bodies are most dispos'd to Feavers,



vers, by reason of the vicissitude of the Air; for at the beginning of the night, the Air is inflam'd, but about midnight it is more temperate, and in the morning cool; whence it comes to pass, that the usual perspirable matter is not evacuated in such as sleep with the Bed-cloaths off, and their bodies are more ponderous; which happens not in winter.

XLI.

From the Autumnal Equinox to the Winter Solstice, we perspire every day much about a pound: from thence to the Spring-Equinox we begin to perspire more freely.

XLII.

Autumn is an unhealthy season, as well by reason that the perspiration is obstructed by the cold then coming on, as for that  
what

what is not perspir'd becomes sharp, and corroding.

## XLIII.

Autumnal indispositions are avoided, if the body be not of greater weight in Autumn than it had been in Summer.

## XLIV.

That weight which is augmented by degrees, is to be abated by degrees.

## XLV.

The more than usual weight of the body is not to be taken off in the Spring, but in Autumn; for the cold air then coming in is a greater enemy to the weight.

## XLVI.

Thou wilt not be troubled with any disease in Autumn, if the cold weather then coming in find thee well furnish'd with cloaths, if thou use diureticks,  
and

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and wilt be kept in the same weight as before.

**XLVII.**

He who is well cloath'd perspires the better for it, and is rendered of less weight.

**XLVIII.**

They who in the Winter-time are commonly troubled with diseases proceeding from the abundance of humours, are to be purg'd in Autumn, and not in the Spring, and ought to be reduc'd to the weight they were of at the beginning of Summer.

**XLIX.**

But if the diseases proceed from some malignant quality, the bodies are to be purg'd in the Spring, and not in Autumn; for the malignancy of the quality is more augmented in Summer, than in Winter.

**L.**

## L.

They who at the beginning of the Spring devest themselves too soon, and in Autumn are backward in putting on their winter-garments, are, in Summer, apt to fall into Feavers, and in Winter, to be troubled with distillations.

## LI.

The retention of the perspirable matter, as it has a sharp quality, causes Feavers, and Erysipelas's; as to its redundancy, it causes Apostems, Distillations, or an evil habit of the body.

## LII.

External cold, by concentrating the heat, makes nature so much the stronger, by how much it is the more able to bear about 100 pounds of perspirable matter unevacuated over

over and above its ordinary weight.

LIII.

At the beginning of winter, mens bodies are easily reduc'd to their usual weight; but in the beginning of Summer, it is with much ado that they are reduc'd to the Summer-weight.

LIV.

There would be an uninterrupted healthfulness even to the extremity of age, if mens bodies were kept in an equal weight during the four seasons of the year.

LV.

Those bodies whose weights are much augmented and diminished in the space of a year, are in great danger.

The  
of the  
y there is  
body in  
the

the space of a year; and the greater the augmentation or diminution of the blood is, so much the worse is the condition of that body.

## LVII.

The augmentation of the weight happens at the beginning of Autumn, the diminution at the beginning of Summer.

## LVIII.

Those bodies, whose weight is augmented, are in a more dangerous condition, than those whose weight is diminished.

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APHO-



## APHORISMS

*Added by the Author.*

## LIX.

Those parts of the body which are cover'd do healthfully perspire; but if they be found uncover'd after sleep, their pores are condensated by even the warmest air.

## LX.

That air, which is over cool, moist, or windy, obstructs perspiration: whence it happens, that such as keep within doors, as for exam<sup>e</sup> men, are not troubled with coughs, Catarrhes, &c. affections of the

## LXI.

## LXI.

The City air is worse than that of the Country; because it is more thick, and, not rarified by the wind, takes away the appetite.

OF

OF  
MEAT *and* DRINK.

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SECT. III.

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Aphorism I.

IF the Stomach fill'd with  
meat does, while the body  
sleeps, compleat the first con-  
coction, the perspiration of that  
night does commonly amount  
to forty ounce does not  
compleat but a-  
bout six

party sleep, he does not perspire above eighteen ounces.

## III.

A full body, that does not concoct, perspires much about the same rate as one in a manner fasting, that has not any thing to concoct.

## IV.

Meats that are very nourishing, mutton only excepted, from supper over night to dinner the next day, do not usually perspire above eighteen ounces.

## V.

Many who feed plentifully on meats of little nourishment, may, in the space of one night, perspire above eighteen ounces.

Tho

## Rules of Health. 75

much nourishment, or such as cause obstinate crudities.

### VII.

Those which continue them in their usual lightness are such as they are accustomed to, and easily evaporated.

### VIII.

Mutton is easily concocted, and vaporous; for in a night's space it perspires one third part of a pound more than other meats, and such as a man is accustomed to.

### IX.

The meats which are made of leavened paste do not make bodies more ponderous, for they perspire more easily, than turneps.

### X.

A healthy person does insensibly exhale as much in the space of one day, as he does by

E 2 stool

stool in a fortnight ; nay though he once every day evacuate the concocted and consistent faeces.

## XI.

The full Stomach, and the empty, diminish the perspiration ; the full stomach diverts it, by the corruption of meats ; the empty attracts it, that it may be fill'd.

## XII.

When the full Stomach does not compleat the concoction, is discover'd by the weight ; for then the body perspires less ; but the empty stomach is fill'd with wind.

## XIII.

Windiness is nothing else but an imperfect kind of perspirable matter.

## XIV.

The robust person consumes his plentiful feeding by insensible perspiration ; one less robust,  
by



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by urine; a weak person, for the most part, by the corruption of the chyle.

XV.

When a man forbears supping, the stomach being empty, and no paroxysm pressing upon a man, there is a retention of the perspirable matter, and that being retain'd becomes sharp, and thereupon the body is prepar'd for hot distempers.

XVI.

That abstinence from meat which reduces mens bodies to a lesser weight, but withal such as is unusual to them, is hurtful.

XVII.

Why are there some that die of Hunger, if there be never any defect of blood in the living creature? Because the blood, making to the empty part of the belly, forsakes the heart.

E 3

XVIII.

## XVIII.

Undigested meat, not only as to its quantity, but also as to its quality, makes the body more ponderous, inasmuch as it hinders Perspiration.

## XIX.

When any one seems to himself lighter than he is, and yet is not so, 'tis a very good sign; for this proceeds from the Juices of the three Concoctions exactly digested.

## XX.

When there is a lightness and agility of the body felt for a whole day together, it argues there preceeded a concoction of the chyle and blood, and that the Dregs, as it were, of the third concoction are almost evacuated.

## XXI.

Undigested meat, the more  
full

## Rules of Health. 79

full of nourishment it is, is so much the worse, either because it causes a greater weight or a worse corruption.

### XXII.

The body is rendred most light by the corruption of meat; for all the liquid excrements are of great weight.

### XXIII.

The use of Swines-flesh, and Mushrooms is hurtful, as well because these do not perspire, as because they suffer not other meats eaten with them to perspire.

### XXIV.

Upon the eating of Swines-flesh and Mushrooms the body commonly perspires less than it is wont by a third part of a pound.

### XXV.

Melons perspire so little, that

they abate about a fourth part of the usual perspiration.

## XXVI.

That retention of the perspiration caused by Melons is evacuated by Urine, or Sweating.

## XXVII.

Grapes and green Figs perspire but little, and somewhat hinder the perspiration of other meats; haply because they are sensibly evacuated.

## XXVIII.

That kind of food does perspire best of all, and conveniently nourishes, whose weight is not felt in the belly.

## XXIX.

Plentiful feeding is more hurtful in a sedentary and idle person, than in one that is employ'd; for the entrails are made heavy by rest, but are eas'd of their weight by exercise.

## XXX.

XXX.

The body perspires best after that meat, whose faces are emitted in a certain consistency.

XXXI.

Chickens-flesh shall be of less nourishment than a Lettice, if a man eat so plentifully thereof, as that it cannot be evacuated otherwise than by the way of liquid faces.

XXXII.

By ponderation you will find out when fasting conduces to your Health, and when it does not: it will be healthful, if there be any thing of the precedent day's refection left to be perspir'd, if there be not, it will be unhealthful.

XXXIII.

When the body is reduc'd by diet to a weight below the lesser standard of its healthy weight,

E. 5.

what

what it loses of its strength is irrecoverable. But that there is a lesser and greater weight in reference to Health, you will find by the LXIV. Aphorism of the first Section, and by the XL. of this third.

## XXXIV.

If thou canst but find out every day what quantity of meat is convenient for thee, thou wilt know how to preserve thy vigour and life a long time, and that thou wilt discover by the same Aphorism.

## XXXV.

The strength of nature is not a little impair'd, when a man's supper amounts sometimes to four pound, sometimes to six.

## XXXVI.

That is the most healthful proportion of meat, when after eating, the body performs what-  
ever



ever it has to do with the same agility, as if it were fasting.

XXXVII.

The body also is much more burthen'd by eight pounds of meat eaten in a day at one meal, than by ten pounds taken in the same space of time at three several meals.

XXXVIII.

That quantity of meat is the most wholsom for every man, which may without any trouble be overcome by the concoctive faculty; and that is done, if so much be consum'd as is receiv'd into the body; for these things will be discover'd by ponderation.

XXXIX.

That quantity of meat is to be receiv'd into the body, which nature is able to concoct, digest, and perspire.

XL.

## XL.

If nature could digest a hundred pound weight of meat, and there be given but ninety nine pounds, the animal would upon that account be destroy'd in process of time.

## XLI.

Then will meats of good nutriment and juice promise thee a long continuance of health, when the quantity of perspiration is in the mean, between excess and defect: The excess, after a plentiful supper of meats of easy perspiration commonly amounts, in the space of one night, to forty ounces or thereabouts, the defect but to fourteen. That proportion therefore of meat, which will bring thee to two and twenty ounces, which is the mean between the other two, will promise thee  
in

infallible health and long life.

XLII.

The opinion of *Celsus* is not safe for all persons, to wit, that in the use of the six not natural things, men ought sometimes to be sparing, and sometimes to exceed.

XLIII.

Bodies are with less trouble reduc'd to their usual weight, if men take four pounds of meat at dinner, and four at supper, observing a convenient interval, than if they take six at dinner and two at supper.

XLIV.

That person destroyes himself by degrees, who eats once a day besides his ordinary meals, whether he eat little or much.

XLV.

The body is made more ponderous by four ounces of meat  
that

that is of much nutriment, such as Pork, Eeles, and all fat things, than by six ounces of meat that is of little nourishment, such as are small Fishes, Chickens, small Birds; and the like.

## XLVI.

If there be any difficulty in the concoction of meat which is of little nourishment, it will happen only in the first concoction; but if there be a difficulty in the concoction of meat of much nutriment, it will happen in all the concoctions.

## XLVII.

Meat of little nutriment moistens and loosens the belly, is soon digested, and readily promotes the perspiration of men whether sleeping or waking.

## XLVIII.

Meat of much nutriment binds the belly, if it be not  
cor-

corrupted, is of difficult concoction, and perspires little.

XLIX.

Where there is a difficulty of concoction, there is but a slow perspiration.

L.

Not that meat which is fluid, but that which is of better juice ought to be eaten first; for the Pylorus, or Stomach-gut, is not at the bottom, in men, as it is in Dogs.

LI.

Three inconveniences are consequent to mens feeding on variety of meats; there is an excess of eating, the concoction is less, and the perspiration less.

LII.

The time of least perspiration is, when the stomach is full, especially with variety of meats.

LIII.

## LIII.

They who vomit up their supper do immediately remove the pain of their stomach, but the next morning, they feel their bodies more ponderous: for vomiting diverts perspiration, by attracting the perspirable matter to the inward parts; which matter, upon the score of its being sharp causes lassitude and heat, upon that of its redundancy, it causes heaviness.

## LIV.

That person, who eats more than is requisite, is nourish'd less than is requisite.

## LV.

They who in their youth are immoderate in their diet, make the Stomach larger than it should be, whence it comes to pass, that it proves a hard matter to reduce them afterwards to a moderate diet.

## LVI.



## LVI.

If any one be desirous to be reduc'd to a moderate diet, let him use food of little nutriment, and so the Stomach soon disburthening it self of it, will be contracted, and reduc'd to a less capacity.

## LVII.

You will find what quantity of meat you should eat, if for several daies together you observe that the body after sleep is without any trouble, reduc'd to the same weight.

## LVIII.

If after a plentiful supper the body be of less weight the next day, it happens either by reason of the corruption of the meat, or because nature is stir'd up to expel that which is beneficial, which is extremely hurtfull: for the body is prepar'd

par'd for diseases when those things which are beneficial are evacuated, and crudities kept within the body.

## LIX.

If a man's supper amount to eight pounds, and what he has eaten be corrupted in the stomach, the next day the body will be of less weight, than if the supper had been of three pounds, and the meat had not been corrupted.

## LX.

Those meats that are most conducive to perspiration are not corrupted, nay after watching whole nights, they keep a man from weariness and heaviness.

## LXI.

Meats not apt to perspire are wont to cause obstructions, corruptions, lassitude, pensiveness, and ponderosity.

## LXII.

LXII.

Then is a living creature in the worst condition, when after the concoction is compleated, the body seems to be more burthen some than ordinary, while yet it is of less weight.

LXIII.

If any one has been excessive in eating or drinking, and there ensue thereupon such sensible evacuations as are greater than usual, the body is, next day, lighter than usual.

LXIV.

Liquid meats, supposing an equality as to quantity, are more ponderous than the solid: the liquids go to the bottom, the solid keep on the top: a cup of wine, or mess of Broath is of more weight, than a whole loaf.

LXV.

## LXV.

If excess in drinking make the Eyes as't were full of tears, it is a sign the body has not perspir'd as much as it should have done.

## LXVI.

If after much drinking, you sweat, or urine much, it is an argument of either great strength or great weakness.

## LXVII.

The drinking of cold water obstructs insensible perspiration; but augments the sensible.

## LXVIII.

In these our daies, Drinking, even in temperate persons, is disproportionate: for men eat commonly after the rate of twelve Ounces, but drink, after that of forty, and above.

## LXIX.

In a man of moderate diet,  
the

the nocturnal perspiration sometimes amounts to three pound; in a person who feeds plentifully, the stomach being empty before, and strong, it may amount to five pounds.

LXX.

If a body be in its standard of greater weight, fasting is beneficial to it, if in its mean, it is hurtful, if in its lesser weight, it is much more hurtful.

LXXI.

If after long fasting the body be plentifully fed, the perspiration amounts to a pound more than it usually does.

LXXII.

To eat immediately after immoderate exercise of body or mind, is hurtful; for the wearied body perspires with some difficulty.

LXXIII.

## LXXIII.

When sober persons and such as are moderate in their diet die betimes, their friends wonder at the strangeness of it, because they know nothing of insensible perspiration.

## LXXIV.

Excess of meat and drink does not only keep the acrimony of the perspirable matter which is retain'd lurking in the body, but also the deprav'd affections of the parts, especially of those that are not the principal, and that for a long time; which affections, when the bodies are purg'd, or brought low by much fasting, break forth of a sudden, and turn into violent distempers.

## LXXV.

That Physician who is to regulate the diet of Princes, if he  
be



be ignorant, how much, and when they daily perspire, deludes, and does not cure them, and if he do them any good, it is by chance.

LXXVI.

For about the space of four hours after meat, most people do hardly perspire a pound, thence to the ninth hour, two pound, from the ninth to the sixteenth, hardly a pound.

LXXVII.

Then is it the proper time to take refection, when the body shall be reduc'd to that weight, yet healthful, which it was of a little before the party had eaten the day before. And this only *Apollo* himself shall find out without the Ballance.

LXXVIII.

But if the unusual weight of the over-night's drinking be not taken

taken off, either by the strength of the concoctive faculty, or by corruption the next day, take the advice of these two verses.

*Si nocturna tibi noceat potatio  
vini,*

*Hoc tu manè bibas iterum, &  
fuerit medicina.*

*If overnight thou tak'st a dose,  
And find'st thy self amiss,  
Thou must next morn another  
take:*

*No remedy like this.*

### LXXIX.

If the healthful weight of the body, after supper, amount to two hundred pound weight, the body being rendred less healthful by immoderate venery shall weigh about a hundred  
ninety

ninety eight pounds, because that remission of vigour is the hindrance, why two pounds of the aliments cannot, at least without some trouble or anguish, be converted into the healthful weight.

LXXX.

Meat of easy perspiration does more easily, and with much less trouble recruit the wasted strength of those who use venery, than does that of difficult perspiration, or of much nutriment.

LXXXI.

New Wine, though somewhat muddy, if it be concocted in the Stomach, does not only perspire it self, but very much promotes the perspiration of other meats. This quality also have those hot things that are flatulent.

F

LXXXII.

## LXXXII.

Onions, Garlick, Mutton, Pheasants, but above all the Cyrenaick juice promote the perspiration of meats not easily perspirable.

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## APHORISMS

*Added by the Author.*

## LXXXIII.

**A** Very small quantity of food is not imbrac'd by the Stomach. Thence comes it, that it is not concocted, it does not nourish, it does not perspire.

## LXXXIV.

Insensible perspiration is an excrement of the third con-  
co-

coction; if therefore the first concoction be not performed, neither will the third.

LXXXV.

If that quantity of food which amounts to about four pound be hurtful, taken all at once in a day, the same quantity divided into two or three meals may be healthful: the repletion of the belly diverts insensible evacuation.

LXXXVI.

The inconveniencies attending extraordinary fasting are these, the Head is fill'd with humours, the Temples beat, the Hypochondries are dilated, and a weariness of the arms & thighs.

LXXXVII.

That emptiness of the Stomach which is occasion'd by the scantiness of meat, is greater than that which is occasion'd by

Physick; which Latter does indeed excite sensible evacuation, but diverts the insensible.

## LXXXVIII.

In Phlegmatick constitutions, if the Stomach be empty in the morning, by reason of their not having supp'd the night before, dry food is very beneficial, such as bisket.

## LXXXIX.

No man will fall into any disease, if he carefully provide that he be not troubled with crudities.

## XC.

It is safer for aged persons to take their refection thrice in a day, as *Antiochus* did, than twice, or to eat much at once; for it much obstructs perspiration.

## XCI.

Why did not *Antiochus* eat  
Fish



## Rules of Health. 107

Fish at supper? Because they hinder perspiration: After sleep perspiration is very good, which not performed, there is a remission of strength and vigour.

### XCII.

The coldness and clamminess of the juice of cucumbers is kept in the veins, nay other unwholsome juices though of easy concoction, by obstructing the perspiration, cause malignant Feavers.

### XCIII.

Why does the corruption of meat cause weariness? Because it diverts perspiration. But how? Because it causes the coeliack disease. But why does the coeliack disease cause weariness? Because there comes out along with the excrements somewhat of the former well concocted meat.

## XCIV.

If any one goes with a tyr'd body to supper, or to wash himself, there ensues, immediately after sleep, a certain chilness over the body, and weariness; yet about twelve hours after supper, all is well again; because then the concoction and perspiration is good.

## XCV.

Meat after violent exercise is hurtful, as well by reason it is not embrac'd, as that it diverts Perspiration.

## XCVI.

He who goes to supper with a disturbed mind, digests much less than another, who is undisturb'd and cheerful.

## XCVII.

Drinking between dinner and supper is hurtful: but if we drink so much the less at  
sup-

supper, the hurtfulness is taken off.

XCVIII.

Vomiting after supper weakens a man, not only upon this score, that it voids the aliment, but also because it diverts perspiration.

XCIX.

If a man exceed in meat and drink once or twice in a month, though he does not sensibly evacuate the next day, yet he weighs less than usual.

C.

He who confines himself to a regular diet, wants the conveniences of those persons, who exceed once or twice a month: for the expulsive faculty being stirr'd up by redundancy excites so great a perspiration, as without Staticks no body would believe.

## CI.

In a cold body, hony is good, because it nourishes and perspires; in a hot, it is hurtful, because it turns into choler.

## CII.

Nothing more obstructs perspiration, than for a man to drink while the chyle is preparing.

## CIII.

The Liver does not attract the chyle, by reason of its coolness, much less does it expel the perspirable matter.

## CIV.

In a healthy man, if the belly be loose, it either happens through some defect in the concoction, or the distribution of the chyle, by reason of the obstruction of perspiration.

## CV.

There are two things extremely

treably prejudicial to good health, viz. to give up the body wholly to a slothful repose, and to eat, before the concoction of what had been eaten before.

F 5

OF

OF  
S L E E P  
AND  
VIGILANCE.

---

*S E C T. IV.*

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Aphorism I.

**U**Ndisturbed sleep is so great a promoter of Perspiration, that, in the space of seven hours, fifty ounces of the concocted perspirable matter do commonly exhale out of strong bodies.

II.



II.

A man sleeping the space of seven hours is wont, insensibly, healthfully, and without any violence, to perspire twice as much as one awake.

III.

That perspiration of a sleeping person, which is attended with much sweating, is not more plentiful, than any kind of insensible Perspiration, without sweating.

IV.

After a good night's rest, the body is felt of less weight, as well by reason of the augmentation of strength, as by that of the exhalation of at the least about three pounds of excrements.

V.

Disturbed sleep does commonly obstruct one third part of

of a pound of the usual Perspiration.

## VI.

In undisturbed rest, the Perspiration is sometimes greater, allowing the same proportion of time, than in violent exercise.

## VII.

In the morning-sleep, but after the compleating of the first concoction, a pound of the perspirable Excrements do commonly exhale in the space of one hour, but if it be not compleated, there is not a fourth part exhal'd.

## VIII.

Those things which hinder sleeping do also obstruct the Perspiration of the concocted perspirable matter.

## IX.

Short sleeping proceeds from  
the

the acrimony of the perspirable matter, which is not evacuated; but the retention of the perspirable matter is commonly occasion'd, by Nature's being more than usually employ'd about some other internal functions.

X.

The acrimony of the perspirable matter which is retain'd, very often ascends up to the head, disturbs sleep, and diverts the perspiration of the superiour parts.

XI.

If any one, after sleep, feels a kind of pain in his armes, or imagines them more than usually wearied, it is an argument that the body is of greater weight, than nature can long endure.

XII.

They who sleep with their feet

feet and legs uncover'd, are depriv'd of as much perspiration as may amount to a pound in the space of one night.

## XIII.

A continual agitation of the body in bed is more disturbant than swift running; for in the motion of a person running, the muscles only of the inferiour parts are mov'd, in that of a person lying along, the muscles of the whole body in a manner are in motion.

## XIV.

Perspiration is more obstructed in persons sleeping, by a cool southerly gale of wind, than it is in persons awake by a great cold.

## XV.

If the night's rest be less than usual, there is a diminution in the exhalation of the concocted

cted perspirable matter, but the perspiration of crudities is augmented.

XVI.

After meats of easy perspiration mens bodies are rendred rather weak than weighty; but after those of difficult perspiration, they become both weak and weighty.

XVII.

The perspiration occasion'd by sleep differs in species from that which comes by vigilance; the former implies the evacuation of concocted perspirables without acrimony, and with a recruiting of the strength; the latter, that of crudities, and is sharp, violent, and with some difficulty.

XVIII.

A person sleeping perspires twice as much as one waking.

Thence

Thence came that remarkable saying, Two hours of rest in a person awake are but equivalent to one of sleep.

## XIX.

I have found by experience, that in the space of seven hours, the insensible perspiration, in a person sleeping, as to many, amounted to about forty ounces; in one awake, but to twenty.

## XX.

He who goes to bed with an empty Stomach perspires that night about a third part less than he is wont to do.

## XXI.

Persons of a cholerick constitution who go to bed with a stomach quite empty, have these inconveniencies; the belly and head are fill'd with crudities, their temples beat, their flesh wastes



wastes away, they are troubled with vehement stretchings about the armes and hands, sometimes a heart-burning, or corrosion of the mouth of the Stomach, vertigo's and epilepsies; as it happen'd to *Diodorus*.

XXII.

After a perspiration greater than we are wont to have, a more plentiful supper promises a longer and sounder sleep.

XXIII.

A less than the usual perspiration is the foreteller of disturbed sleep, and a troublesom night.

XXIV.

If after a short and unquiet sleep, the flesh be found cold, and that thereupon a feverish fit succeeds, in weak persons it commonly presignifies death,  
in

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in strong, a long continuance of sickness.

XXV.

By change of lodging sleep is disturbed, and the perspiration is less. For unwonted things, though better, are prejudicial to body and mind.

XXVI.

Men dream more in a bed they are not accustom'd to, than in that they constantly ly in.

XXVII.

They who sleep and do not dream perspire well, and so on the contrary.

XXVIII.

Sleep about four hours after meat is best; for then nature is least employ'd about the first concoction, it better recruits what was lost, and more promotes perspiration.

XXIX.

## XXIX.

If about five hours after supper you weigh a person just awak'd out of his sleep, you will find that he hardly perspir'd a pound; if it be done eight hours after sleep, you will find that he has perspir'd three pound.

## XXX.

If a mans sleep be shorter than it is wont to be, there is somewhat of the perspiration obstructed, which if it be not repair'd in the subsequent daies by a more plentiful perspiration, there is some danger of a Feaver.

## XXXI.

If there be a retention of any part of the usual perspiration, the next day, or after dinner, we are overcome with sleep, and in an hours space perspire about a pound: or the night following,

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lowing, our sleep is so much the longer, the more expedient it was that we should perspire more than usually; otherwise we fall into a sensible crisis, or into a disease.

XXXII.

Oscitation, and the stretching of the joints after sleep denote that the body has perspir'd very well, as it is related of Cocks, smiting themselves with their wings before they crow.

XXXIII.

The oscitations and extensions of the joints and limbs, which happen immediately after sleep, are rais'd out of the plenty of perspirables excellently well prepar'd for evacuation.

XXXIV.

Mens bodies perspire more in half an hours space, by yawning,

ing, gaping, and stretching out of the body, than in three hours of any other time.

XXXV.

They who administer syrups, or other medicines to sick persons during the time of their best perspiration, which is commonly for the space of two hours after sleep, injure them; but in the subsequent hours they do them good.

XXXVI.

In Paroxysmes, or any great fits of sickness, gaping and stretching of the body signify the concentration of the heat, but the evacuation of a great quantity of acrimonious perspirable matter that had been retain'd.

XXXVII.

In an hours sleep at noon, after meat, mens bodies common-

monly evacuate sometimes a pound, sometimes half a pound of excrements insensibly perspirable; a pound, if there be ought retain'd of the precedent day's perspiration; half a pound, if nothing.

## XXXVIII.

If ought of the precedent day's Perspiration be retain'd, and that it be not evacuated by sleeping at noon, immediately after Sleep, there is felt a great heaviness of the head, and a very afflictive pain.

## XXXIX.

If within four hours after sleep the meat a man has eaten be corrupted, immediately these two inconveniences mutually consequent one to the other will follow, to wit, an obstruction of Perspiration, and Watching.

XL.



XL.

There is no cause does more frequently interrupt sleep, than the corruption of a man's meat. This is caus'd by the Sympathy there is between the Stomach, and the Brain.

XLI.

Sleep is better in Winter, than in Summer, not because men's bellies are hotter, or their sleep longer, but because before day-light their bodieis are actually hotter, and as such are apt to perspire very much, whereas in Summer they are more cold.

XLII.

Purity of discourse, and agility of body after sleep are indications, that the body has perspir'd that night commonly at least three pound.

XLIII.

## XLIII.

Lightness of the head after sleep at noon, denotes that there had not been any thing retain'd of the precedent day's Perspiration.

## XLIV.

Sleep moistens all the external, and internal parts, because it attenuates the perspirable matter, and being so attenuated it disperses it into all the members.

## XLV.

Vigilance stirs from the centre to the circumference that blood which is less prepar'd for Perspiration than it is in such as are asleep.

## XLVI.

By Sleep the humours are concentrated, the influent heat is united to the innate, thirst is taken away, unless Choler be pre-

predominant, there is a conversion made of the blood into the second moistures, and the bodies become lighter.

XLVII.

By Sleep the animal spirits languish; by Vigilance, the vital and natural spirits languish.

XLVIII.

By Vigilance the animal spirits are corroborated, but the vital and natural languish.

XLIX.

By Sleep the internal parts are more heated, and are also made more light. By Vigilance the external parts are made more hot, and also more light.

L.

By too much sleep the internal and external parts grow cold, the humours are forcibly crowded in, and made imper-

G

spi-

spirable, and the bodies are rendered more ponderous.

## LI.

Cholerick bodies are extremely prejudiced by excessive sleeping, not because the excrements of the third concoction are made imperspirable, but because they become extream sharp, and are afterwards noxious to the head and other entrails.

## LII.

In persons sleeping with the bed cloaths cast off, perspiration is more obstructed than it is in persons awake who have no cloaths on; as well by reason of the quiet posture of such as are asleep, as also for that the heat of the external parts retreats inward.

## LIII.

A more than usual watching renders men's bodies, during  
the

the first subsequent days after it, more ponderous, and more weak. They are more ponderous, because after the evacuation of the perspirable excrements there is left behind a certain juice, which, of it self, is crude, and, by accident, ponderous; they are weaker, because where there is any crudity, there is no conversion made, and consequently the strength is impair'd.

LIV.

If after immoderate watching a man sleep seven hours, the Perspiration will be more than usual, by about a pound.

LV.

Continued watching renders mens bodies more ponderous, not by reason of the greater Perspiration, or sensible evacuation, but because the recruit

of fat and flesh is not answerable to what had been wasted.

## LVI.

In the morning the body both is, and is felt less ponderous; it is so, because by the precedent sleep three pound of perspirable excrements were evacuated; it is so felt, not only because it is lighter, but also in regard that by the concoction of the meats that were easily perspirable, there is an augmentation of strength.

## LVII.

A man's body may become more ponderous by unusual watching, if the meat, where-with it is fed, be unfit for perspiration.

## LVIII.

There is so plentiful an exhalation of the body in persons sleeping, that not only the sick  
lying



lying with the sound, but also the sound among themselves do mutually communicate their good or evil dispositions.

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## APHORISMS

*Added by the Author.*

### LIX.

**A**fter meat sleep; after sleep concoction; after concoction, transpiration is best.

### LX.

Diacydonium, or Marmaleet, not taken immediately after supper but after the first sleep, excites sleep, provided there be nothing drunk after it.

### LXI.

Diacydonium, or Marmaleet, taken with a little Cinnamon  
G 3      strength-

Strengtheneth the stomach; and that being strengthened, sleep alwaies follows.

## LXII.

A small quantity of Generous Wine and Garlick cause sleep and perspiration, but if a man take more than is requisite, they obstruct both; however they convert the perspirable matter into sweating.

## LXIII.

That man will doubtless come to a great age, who does daily concoct and digest well; concoction is caus'd by sleep and rest; digestion by vigilance and exercise.

## LXIV.

If the weariness ensuing after sleep be taken off by usual exercise, the defect was in the digestion, and not in the concoction.

## LXV.

## LXV.

When we rise from sleep with our usual weight, but with greater unweildiness, if it be not taken off by our accustomed exercise, it signifies an accumulation of crudities, corruption of meat, or immoderate coition.

## LXVI.

Unusual sleeping at noon is hurtful to all the entrails, and checks perspiration.

## LXVII.

Weariness or unweildiness after sleep is taken off by those things which facilitate perspiration: These are abstinence, exercise, vigilance, and anger.

## LXVIII.

If the body lie loose and flat, sleep is hurtful; if it be contracted, it is good: the entrails lying close and compacted together have an easy concoction, but

G 4      when

when they are loose by one's lying at length, they have a difficult concoction.

## LXIX.

If in sound persons, a cold sweat ensue after sleep, it argues they perspire less than they should do, and in process of time, if the same thing happens, they are troubled with the Gout.

## LXX.

By immoderate sleep, and excessive drinking of Wine the strength is suffocated; by excessive vigilance and exercise, it is dissolved: all these diminish concoction, and that diminish'd, there is a stoppage of requisite perspiration.

OF

Rules of health.

OF  
EXERCISE  
AND  
REST.

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SECT. V.

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Aphorism I.

**T**HE occult perspiration  
of a mans body is less, in  
violent motion, than it is in  
the morning, nine or ten hours  
from the time he had supp'd.

II.

That which is evacuated in  
G 5 vio-

violent motion by the pores is sweat, and an occult perspirable matter: but, as it is violent, it is rais'd for the most part out of unconcocted juices: for it seldom happens that there should be so great a collection of concocted perspirable matter in the body, as is evacuated by violence.

## III.

Sweating alwayes proceeds from a violent cause, and as such (as statical experiments make it appear) it obstructs the occult evacuation of concocted perspirable matter.

## IV.

The body perspires much more lying quietly in bed, than turning from one side to another by frequent agitation.

## V.

Chearful and angry persons



## Rules of Health.

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are less wearied by long travelling, than the fearful and pensive: for the former perspire more healthfully, but the other, less.

### VI.

Those bodies which are admitted to refection after immoderate exercise, receive much prejudice; because, as they are wearied and burthen'd with meat, they perspire less.

### VII.

Exercise from the seventh hour to the twelfth after refection, does insensibly dissolve more in the space of one hour, than it does in three hours at any other time.

### VIII.

Insensible evacuation after violent exercise obstructs the successive recruiting of that which is wasted: nay if the  
same

same violence should continue, the body will be rendred so light, that in many there would be some danger of a future consumption.

## IX.

By exercise mens bodies are made lighter: for all the parts, especially the muscles and ligaments are cleans'd from excrements by motion, the perspirable matter is prepar'd for exhalation, and the spirits are made more tenuious, or subtil.

## X.

Motion prepares bodies for the evacuation of sensible and insensible excrements; rest does it rather for that of the insensible only.

## XI.

If the body lye quietly in the bed after supper for the space of ten hours, it shall perspire excell-

excellently well : if it rest there yet somewhat longer, there follows immediately a diminution of both sensible and insensible evacuation.

XII.

Long rest renders indispos'd bodies more weighty, as well in regard the perspirable excrements are prepar'd for evacuation by motion, as also for that the meat and drink, if such as the patient is not accusom'd to, or more in quantity than is requisite, are not digested ; and thence proceed all inconveniences, and many times death.

XIII.

If a person who has kept his bed long be troubled with pain in the feet, the remedy is walking ; if one that is upon a journey be so troubled, the remedy is rest.

XIV.

## XIV.

There are two kinds of exercises, one of the body, the other of the mind: that of the body evacuates the sensible excrements; that of the mind the insensible rather, and especially those of the heart and brain, where the mind is seated.

## XV.

An excessive rest of the mind does more obstruct perspiration, than that of the body.

## XVI.

The exercises of the mind which most conduce to the cheering up of the spirits, are anger, sudden joy, fear, and sorrow.

## XVII.

Mens bodies resting in bed, and agitated with a vehement motion of the mind, for the most part become more faint,  
and

and less ponderous, than if there be a tranquillity of mind, with a violent motion of the body, as it happens at Tennice, or any game at Ball.

XVIII.

By immoderate exercise the excrements of the first and second concoction are for the most part dispers'd through the compass of the whole body, and therefore the belly is hardened: yet are the bodies made lighter, because the insensible evacuation is much greater than the excretion of the sensible excrements made by the belly.

XIX.

Violent exercise of mind and body renders bodies of lighter weight, hastens old age, and threatens untimely death: for, according to the Philosopher, those

those persons that are exercis'd  
dye sooner than such as are not.

## XX.

Violent exercise takes off  
from a body fill'd with meat or  
crude humours a less than usual  
weight of the sensible excre-  
ments; of the insensible, almost  
nothing at all.

## XXI.

By exercise the body per-  
spires less, by sleep, more, and  
the belly is more loosned.

## XXII.

Frictions and cupping-glassses,  
in bodies full of crudities, ob-  
struct perspiration.

## XXIII.

Then is exercise most whol-  
some; when, after the com-  
pleating of the first and second  
concoction, the body is reduc'd  
twice in a day, before meat,  
to its usual weight.

## XXIV.



XXIV.

Swimming immediately after violent exercise, is hurtful; for it very much obstructs perspiration.

XXV.

Violent exercise in a place where the wind blows is hurtful.

XXVI.

From the wind proceeds a difficulty of respiration, from the motion, acrimony.

XXVII.

Riding relates more to the perspirable matter of the parts of the Body from the waste upwards, than downwards: but in riding the amble is the most wholsom, the trot the most unwholsom pace.

XXVIII.

Waftage in Sedan or Horse-litter, as also going by water,  
does

does not so much dispose bodies to due perspiration, as walking.

## XXIX.

The motion of a Boat and Litter, if it be continu'd long, is most wholsom; for then only it does wonderfully dispose the body to due perspiration.

## XXX.

Riding in a Coach or Chariot is the most violent of any way: for it does not only cause the unconcocted perspirable matter to exhale out of the body, but also offends the solid parts of the body, and particularly the Reins.

## XXXI.

Leaping does at first attract the strength inwards, then impetuously forces it to the external parts, and with a certain violence expells the concocted  
mat-

matter, together with the unconcocted.

XXXII.

The exercise of the Top, consisting of moderate and violent motion, to wit walking and the agitation of the Arms, promotes perspiration.

XXXIII.

Moderate dancing, without any capering or jumping, comes near the commendation of moderate walking; for it moderately expels the concocted perspirable matter.

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APHO.

## APHORISMS

*Added by the Author.*

## XXXIV.

**W**hen there is a defect of perspiration in sound bodies, it is remedy'd by exercise.

## XXXV.

By immoderate exercise the Fibres are hardned, whence followes old age, which is an universal hardnes of the Fibers: this hardnes, by condensating the passages obstructs the heat; softnes, by keeping them open, causes length of life.

## XXXVI.

He who would have a youthful face long, let him avoid sweating, or perspiring too much through heat.

OF

OF  
VENERY.

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SECT. VI.

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Aphorism I.

**T**OO great abstinence from Venery, and the immoderate use of it obstruct perspiration; but the immoderate use of it does more obstruct it.

II.

After immoderate coition, the fourth part of the usual perspiration is commonly obstructed in most persons.

III.

## III.

The mischiefs occasion'd by immoderate Coition do mediatly depend on the hindrance of Perspiration, immediately on the hurt done to the concoctive faculties.

## IV.

We find that Coition hath done good, if after the subsequent sleep, there be no weariness felt, nor any alteration be made of the body, as to Gravity or Levity.

## V.

The continual thoughts of venereous persons do sometimes make their bodies heavier, sometimes lighter; heavier, if they give way to them upon a full Stomach; lighter, if upon an empty one.

## VI.

After immoderate Coition  
with



with a woman whom a man had long desir'd to enjoy, weariness is not presently felt: for the satisfaction of the mind does then promote the Perspiration of the heart, and augments its strength; whence it comes, that, in such a person, what is lost is the sooner recruited.

VII.

If those persons who have a great inclination to Venery, do forbear the exercise of it, there presently follows an agility of body, because such perspire so much the better.

VIII.

Immoderate coition occasions the Perspiration of Crudities, which afterwards causes a Chilness over the whole body.

IX.

These are the signs that coition hath not been hurtful;  
Urine

Urine equally concocted as before; Agility of body; a more easy Respiration, and the same weight of the body still continuing; yet with an observance of the same diet, as to quantity and quality.

## X.

The present inconvenience of immoderate Coition is the Refrigeration of the Stomach; the consequent to that obstructed Perspiration; whence proceed Palpitations in the eyebrows, and Joints, and afterwards in the principal members.

## XI.

Coition in the Summer is more hurtful than at other times, not by reason of the greater Perspiration of the body, but because the concoction being less, that which is lost  
is

is with greater difficulty recruited.

## XII.

In the act of Venery there is much crude matter perspir'd, and if it continue long, the crudities are transfer'd from the centre, to the Circumference of the body, obstructions ensue, and thereupon the belly becomes costive

## XIII.

The greater Propension a man has to the act of Venery, the less hurtful is the immoderate exercise of it to him.

## XIV.

The detriment of immoderate Coition is particularly discover'd after the subsequent sleep: for then it is found, by statical Experiments, that the Perspiration was obstructed, and the meat ill-digested, as

XV H      also

also that the Stomach was much prejudic'd.

## XV.

Coition is commonly hurtful to the first concoction, first by repressing the forwardness of Perspiration, afterwards by converting the meat into a crude quality.

## XVI.

He who uses Coition, without any Emission of seed, is so much the less weakened. But if he again use the same exercise the next day, and emit what had been prepar'd the day before, he is so much the less weakened.

## XVII.

They, who, in the time of Coition, purposely forbear the Emission of seed, are apt to be troubled with a swelling of the testicles: for the seed is imper-  
spirable.

## XVIII.

XVIII.

Immoderate Coition, next to the Stomach, is prejudicial to the eyes.

XIX.

Immoderate Coition is hurtful to the sight, because it withdraws a very great plenty of spirits from the eyes, thence comes it that the Tunicles of the eyes become very hard and wrinkled, and the passages less pervious.

XX.

The Fibres of the Tunicles of the Eyes become more opake upon the diminution of perspiration; thence the sight is made through very small spaces, such as are those in lattices. Spectacles unite the objects into a point, that they may be distinctly seen through one single space.

## XXI.

By immoderate Coition, the natural heat is diminish'd, by the diminution of the heat, there comes a diminution of the Perspiration; from the diminution of the Perspiration proceed Flatulency and Palpitation.

## XXII.

Immoderate Coition requires little meat, and that of good nutriment.

## XXIII.

Coition heats the liver and reins, because the excited heat exhales not: but it cools the stomach, the brain, and the heart, because it is wholly excited through the more open passages, and the innate heat is thereupon in some part dissolved.

## XXIV.

Hence it comes, that immoderate



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derate coition causes choler in the Liver; a painful aking in the Reins; a crude humour in the Stomach; a catarrhe in the Brain; and palpitation and a syncope in the heart.

### XXV.

If the meat a man eats after immoderate coition beget flatulency, as Oysters, and new wine; they are pernicious; for they hinder the body from being reduc'd to its usual weight.

### XXVI.

Coition is more hurtful to lean persons, because they are the more heated, and the more refrigerated.

### XXVII.

Immoderate coition does immediately make the body more light, though it afterwards obstruct perspiration; for it is a vehement motion of the body

H 3. and

and mind; of the body, because there is a concussion of all the members; of the mind, because that which makes a conjunction between the body and the mind is loosned, to wit, the vital spirit.

## XXVIII.

If a disturbance in sleeping succeeds coition, the subtraction made by coition is greater, than the addition of the vital spirit made by sleep.

## XXIX.

After the immoderate use of Venery, sleep attracts crudities to the heart; the consequences whereof are a languishing faintness, an obstruction of perspiration, and augmentation of weight.

## XXX.

Old men by the use of moderate coition become more  
pon-

ponderous and more cold ; but young men more light, and more hot.

XXXI.

Coition, in young men, corroborates the Animal, vital, and natural heat ; it drives out the Animal heat by motion, and excites the sluggish natural heat by the evacuation of that which is superfluous, and the vital, by alacrity.

XXXII.

More plentiful feeding than is usual to a man, after immoderate coition would destroy him, if there ensu'd not some corruption of the meat.

XXXIII.

When a man is to use coition, he should eat little or nothing ; when he is to eat, he should be very moderate in coition, or quite forbear it.

## XXXIV.

If after excessive coition there be no weariness felt, it is an ill sign. The case is the same as happens in distracted persons by the inflamed spirits, which by drying in a short space corroborate the nerves and tendons, but a while after the generation of the spirits is abated, and the strength is immediately remitted.

## APHORISMS

*Added by the Author.*

## XXXV.

**C**Oition excited by nature is good; excited by the mind is hurtful to the mind and memory.

## XXXVI.

XXXVI.

In weak persons the weight of the body is augmented by coition; because they perspire the less.

XXXVII.

Insatiable coition obstructs perspiration, because it abates the strength; whence the body becomes more ponderous, unless a looseness of the belly ensue.

XXXVIII.

Immoderate coition occasions a great detriment, by calefaction and exsiccation: but if the heat be recruited by insensible perspiration, and the drought by aliment, none at all.

XXXIX.

The agitation of the body in coition, like that of Dogs, does more hurt than the emission of

the seed; for the latter wearies only the internal parts; the other tires all the nerves and entrails.

## XL.

The use of coition after meat, and standing, is hurtful; after meat, it diverts the office of the entrails; standing, it diverts the muscles, and diminishes their beneficial perspiration.

## XLI.

After motion, coition is unwholesome; after meat, not so much; after sleep, it is most wholesome of all.

## XLII.

Coition heats the liver, and cools the stomach; from the stomach proceeds a crude moisture; from the liver, choler; whence proceeds that kind of choler which is called *Porracea*, being



being of a colour resembling  
that of a Leek. The remedy  
is, a slender diet, and a free per-  
spiration.

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OF

OF THE  
AFFECTIONS  
OF THE  
MIND.

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*SECT. VII.*

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Aphorism I.

**A**Mongst the affections of the mind, Anger and alacrity render mens bodies lighter; Fear and Sadness, more ponde-  
rous; And the rest of the affecti-  
ons operate answerably to their  
participation of these.

II.

## II.

In Grief and Fear that which is lighter perspires, but what is more ponderous is left behind; in Gladness and Anger there is a perspiration of both.

## III.

Hence it comes to pass that such as are subject to Fear and Grief are apt to be troubled with obstructions, hardness of the parts, and hypochondriacal affections.

## IV.

Such as are angry or joyful feel no weariness in travelling; for their bodies easily perspire the gross matter; which happens not, when they are troubled with grief, or fear.

## V.

The ponderous part of perspirable matter, being more than usually retain'd in the body,

dy, disposes a man to sadness and fear; but the light part disposes him to gladness and anger.

## VI.

Nothing contributes more to freedom of respiration, than satisfaction and consolation of mind.

## VII.

By sadness and fear the members most full of moisture are easily indurated.

## VIII.

Grief and fear obstruct the perspiration of the gross perspirable excrements; and the obstruction of perspiration, from what cause soever it proceeds, causes grief and fear.

## IX.

Grief, if it continue long, brings a coldness on the flesh; for it hinders the exhalation of  
the

the gross portion of the perspirable matter.

X.

Hence it comes, that that feaver which a man falls into after much grief discovers it self in cold sweats, and those many times mortal.

XI.

The acrimony of the perspirable matter which is retain'd by the means of grief, is conveniently taken off by alacrity: for pleasant humours are thereby diffus'd through the body, and thereupon ponderosity and acrimony are taken off from it.

XII.

Anger and hope take away fear, and joy taketh away sadness: for a passion of the mind is overcome, not by Medicines, but by some contrary passion: for contraries are under the same genus.

XIII.

## XIII.

It does not imply any contradiction, to affirm, that the retention of the perspirable matter in melancholy persons, is cold and acrimonious, or hot: such are the Livers of Hydropical persons who are in Feavers; to wit, they are cold in respect of the natural heat, and hot, in respect of the adventitious.

## XIV.

Diseases proceeding from melancholy and a close muddy air, agree in this, that they are immediately occasion'd by the grossness of the perspirable matter which is retain'd: For grief does intrinsically obstruct the excretion of the gross matter, and the muddy air does it extrinsically.

## XV.



## XV.

They who carry grief along with them to their beds, perspire so much the less that night; and the next day their bodies continue more than usually ponderous.

## XVI.

In venereous meditations, the gross part of the perspirable excrements, is, with grief retain'd; which part, upon the evaporation of the subtile, becomes yet more gross and more cold: If this be pent up together, it causes an almost invincible coldness in the head, and a hardly curable palpitation in the heart, or other members.

## XVII.

Melancholy is two ways overcome, either by a free perspiration, or some continual satisfaction of the mind.

## XVIII.

## XVIII.

If mens bodies become lighter after grief than after joy, it must of necessity happen either by reason of a less quantity of meat, or by that of their more transpirable quality.

## XIX.

The consolation of the mind, from whatsoever cause it proceeds, opens the passages, and very much promotes perspiration.

## XX.

If after anger there immediately ensue some consolation of the mind; or the contrary happen, mens bodies, allowing an equal proportion of aliment, are lighter the next day, than they would be if only anger or joy had continu'd.

## XXI.

As there is a sudden period  
put

put to some great pleasure by a small evacuation of seed : so all other immoderate affections of the mind may be abated and taken off, by some evacuation of the perspirable matter.

XXII.

Fear and grief, as we find by statical experiments, are taken off by the evacuation of the gross perspirable excrements; anger and alacrity, by that of the tenuious.

XXIII.

If any one find himself in a merry jocund humour, without any cause, it proceeds from a greater freedom of perspiration, and his body will be found the next day of less weight.

XXIV.

Moderate joy insensibly evacuates what is superfluous; immoderate joy, both what is super-

perfluous, and what is beneficial.

## XXV.

Moderate joy assists the concoctive faculties; for nature, not being burthen'd with that which is superfluous, does much better perform her functions.

## XXVI.

Unexpected joy is more hurtful than that which is look'd for: For it does not only excite the evacuation of the excrements of the third concoction, but also the exhalation of the vital spirits; but the expected joy promotes only that of the excrements.

## XXVII.

Joy and anger take off from the body what makes it more ponderous, and what renders it more light: Grief and fear take away only what makes it  
more

more light, but what makes it more ponderous is left behind.

XXVIII.

A continual gladness for many daies together hinders sleep, and renders a man weaker.

XXIX.

If any one, after moderate joy finds himself lighter, it does not proceed principally from the evacuation of the whole body, but from that of the heart and brain, whence what is evacuated is least of all, as to quantity, and greatest, as to vertue.

XXX.

Those aliments, which open and facilitate perspiration, produce joy, those that obstruct it, grief.

XXXI.

Parsley, and other aliments that are opening, induce joy;  
Pulse

Pulse, fat meat, and other things which incrassate, and presently fill the cavities of the passages, cause grief.

## XXXII.

If the cavities of the passages be evacuated, and afterwards presently fill'd, it was rightly said of *Hippocrates*, that evil passions of the mind are generated.

## XXXIII.

To those who are subject to anger, immoderate exercise is very hurtful; for their passages are immediately empty'd, and with much violence are fill'd up again. Whence it came that *Hippocrates* forbade Cholerick persons to use frictions, and wrastring.

## XXXIV.

In a person who uses no exercise of body or mind, the pas-



passages are not empty'd, nor are there any evil passions of the mind contracted.

XXXV.

A body lying all along does perspire more, and becomes of less weight, if the mind be vehemently active, than if the body were in a very swift motion, and the mind were idle.

XXXVI.

The shifting of the body from one place to another makes a longer alteration of the body, than of the mind it self.

XXXVII.

The passions of the mind are concern'd about the internal subject, which rather moves, than is moved: inasmuch as it is least, as to quantity, and greatest, as to Vertue, like the sperm of man, and by the disposal thereof,

of, in several manners is the origine of Perspiration, or Ponderosity, and Lightness.

## XXXVIII

Those bodies which perspire more than usually, not occasion'd by any motion of the body, but through some vehement agitation of the mind, are with greater difficulty reduc'd to their usual and healthy Perspiration.

## XXXIX.

An immoderate affection of the mind is more hurtful, than an immoderate motion of the body.

## XL.

The body would pine away, and be destroy'd through idleness, were it not for the motion of the mind; but the contrary cannot be affirm'd.

## XLI.

A vehement motion of the  
mind

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mind differs from a vehement motion of the body; the latter is taken off by rest and sleep; the former by neither rest nor sleep.

XLII.

Let those forbear gaming whose thoughts are altogether upon winning; because if they always have good fortune, out of excessive joy, they will hardly sleep in the night, and, in time, will find the want of the exhalation of the concocted perspirable matter.

XLIII.

A moderate victory is more wholesome than a glorious one.

XLIV.

Study is longer endur'd in a vicissitude of the affections of the mind, than if it be without affection, or without any change of affections; for Perspiration  
I becomes

becomes more moderate, and more wholesome.

## XLV.

Study, without any affection, hardly endures an hour; with any one affection, hardly four hours; with vicissitude of affections, as at Dice, at which kind of gaming men feel, one while, the joy for winning, another, sadness for losing, it may continue night and day.

## XLVI.

In all Study continual sadness disturbs the good constitution of the heart, and excess of gladness hinders sleep; for every excess is destructive to nature.

## XLVII.

They who are sometimes merry, sometimes sad, sometimes angry, sometimes timorous, have a more healthful perspi-

## Rules of Health.

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perspiration, than they who continue in one and the same, though that a constantly-good affection.

### XLVIII.

Gladness makes the Diastole and the Systole more easy; grief and sadness render them more difficult.

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I 2

TO

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TO THE  
STATICOMASTIX.

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SECT. VIII.

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Aphorism I.

THE *Staticomastix*, while he attributes the cure of diseases to the position of the Heavens, Paralogizes, by assigning a more common cause than he needed to have done.

II.

The fool first denies, yet afterwards admits Staticks or Ponderation, affirming, that there is a diversity of weight  
in.



in a guilty person, and an innocent. In like manner, he first denies that the spirits of Swine are light; and afterwards he would have their getting up to any place to proceed from the lightness of their spirits.

III.

He who is experienc'd in Staticks, knows the weight of the excrements, though he neither see them, nor weigh them. He weighs the body before, and again, after all evacuation; what is deficient is their weight: And so 'tis no unseemly thing to weigh the excrements, as the Trifler affirms.

IV.

No Student in Physick, besides the fool himself, but knows, that the vital faculty is diffus'd into the Arteries, and the animal into the nerves,

by raies, and not by spirits; as he imagines.

## V.

The fool thinks that lightness, as to the ballance, in living bodies, proceeds from the plenty of spirits; it seems he never knew, that dead bodies are lighter than the living, and that living bodies, after coition, weigh less.

## VI.

He belies the Author, affirming that the faculty of moving bodies upwards is no other than the spirits themselves; whereas the Author affirms, that the spirits are inanimate; and that they gravitate more than air.

## VII.

He is out again, when he affirms that mens bodies are colder in the night time; therefore they

they perspire little, or nothing. Nor did he ever observe, that the pulse and nocturnal perspiration are signs of a more hot body.

VIII.

The fool thinks that living bodies are lighter than the dead; never having taken notice, that Butchers, Fish-mongers, and such as deal in Swine, when they sell the living, make a deduction of ten pounds in the hundred weight.

IX.

The extravagant man never thinks of the difference there is between ones being light, if weigh'd in the ballance, and the same person's feeling himself lighter. A man may be sensible of his being very ponderous, and yet be lighter in the ballance.

## X.

We know the weight of the body by measure, not by imagination, as our inconsiderate fool does, who imagines that flegm is more ponderous than blood, yet never observ'd, that the former does swim on the top; and that by reason of flegm the body is not really, but is felt of greater weight. But why? because it obstructs perspiration.

## XI.

He charges the Author with a falsity in making him affirm that insensible perspiration is a distillation of the flesh, when he affirms no such thing. In the winter-time, there are about sixty ounces perspir'd in the space of one day with ease; if that perspiration were of flesh, a man's body would be destroy'd.

## XII.

## XII.

*Galen* made no mention of *Statick* Medicine, therefore 'tis a vain science. He is doubly mistaken; first, because he never read his six Books *De Tuenda, &c.* Secondly, it does not follow, *Galen* said nothing of it, therefore it is vain: we have found out many instruments, and those not contemptible, which were not known before our times.

## XIII.

The famous Author of the Commentary on the XII. of the first Section of Aphorisms, affirms, that the meat is proportionated to the distillation, and Com. XV. that there is a greater distillation in the winter-time, therefore it is requisite there should be more meat eaten: it is therefore requisite the weight

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should be known; all which the trifling Staticomastix denies.

## XIV.

The fool, making no experiments himself, denies those things, that others have found true by experience. He boldly adds this assertion; If thirty six ounces be perspir'd in the space of one night, there will be thirty two of flesh, and four of excrements.

## XV.

The trifling Answerer puts the lie on all Authors, affirming that the spirits are more tenuous than the Air. Are they not made of the blood and Air? Does not the Air pass through the whole body? but the spirits remain inclos'd in Vessels.

## XVI.



## XVI.

He affirms that a plentiful perspiration does not take away, from the body, one ounce of its weight. There's no temerity deserves greater punishment, than such a man's, as makes no account of experience, yet opposes experience. We have found it certainly true, that in the space of a night, the body weighs less by three pound, and that after coition, mens bodies are lighter, as to the Ballance. Therefore the fool is chargeable with a lie.

## XVII.

He affirms, that, after an immoderate purgation of the termes, bodies are more ponderous, after an extraordinary retention of them, more light. A fatal errour to the inconsiderate

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siderate man, who does not distinguish, between being heavy, in reference to the Balance, and one's feeling himself heavy.

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*What literal faults there may be,  
the intelligent Reader will  
easily find, and Correct.*

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**E I N I S.**

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